

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001994

**Submission Date:** 07/15/2010

**Organization Type:** Educational Institution

**Organization Name:** Southern Adventist University

**First Name:** David

**Last Name:** Ekkens

**Job Title:** Preofessor, Biology

**Key Topic:** Alcoholic Beverages, Carbohydrates, Eating Patterns

**Sub Topic:** Added sugars

**Attachment:** Y

**Comment:** It is sad to see this report that is so heavily biased in favor of the meat, diary, fishing and egg industries and so heavily biased against the health of Americans. Literally tons of evidence has accumulated showing the BIG benefits of a plant-based, whole food diet but it is not politically correct to say that.  
Some of the recommendations in this report are misleading and downright dangerous. It is unforgivable for your esteemed committee to tell people it is OK to drink in order to gain a small cardiac benefit when alcohol use so significantly (negatively) impacts the lives of Americans. You will cause untold suffering.  
The diet you are recommending in this report is what is killing Americans (on average ten years early) and costing the huge "health care" price we are paying.

**Comment ID:** 001948

**Submission Date:** 07/14/2010

**Organization Type:** Educational Institution

**Organization Name:** Eagle Grove High School

**First Name:** Lisa

**Last Name:** Tapper

**Job Title:** Family and Consumer Sciences teacher

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** I teach high school FCS & Health, have my master's degree & am Nationally Board Certified.

I was disappointed to learn that some food group recommendations are minimal & others maximum. Fruits, vegetables, & breads are at the maximum recommendation, while dairy & meats are at the minimum. WHY?

According to most studies, meat & dairy products are not over consumed. Lean meats and low fat dairy products provide high quality protein with a reasonable amount of fat. This protein cannot be found in plant-based diets. High protein foods increase satiety & are often highly recommended in weight loss programs. Recommending that you consume only moderate amounts of lean meat is a warning. Would you recommend only consuming a moderate amount of fresh fruits & vegetables?

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**Key Topic: Eating Patterns**

You are sending the message that meat is bad, & vegetarian diets are good. Only 1-2% of Americans consume a truly vegetarian diet. Most people do not understand what a vegetarian diet is, but some profess to follow a vegetarian diet. When analyzing actual consumption, they are not consuming enough of several food groups. Breads & cereals are consumed in large amounts, smothered in fat, sugar & frosting. To quote a former student "I'm vegetarian. I only like cheese pizza & breadsticks. I don't eat fruits or vegetables either." She eliminated three food groups from her diet. Her breakfast was pop tarts & soda pop.

You need to focus on + & - of ALL food groups.  
Reduce fat, sugar & sodium consumed.  
Cook foods by steaming, broiling & baking, not frying.  
Consume more whole grains.  
Consume more lean meats & low fat dairy foods.  
Consume more fresh fruits & vegetables.

Recommend a number of servings, but make it the same (min., med. or max.) for all food groups.

The dietary recommendations need to focus on understanding & making smart choices - bacon vs. loin & apples vs. apple pie. My students need accurate, practical, simple-to-apply, & educational information.

**Comment ID:** 002063

**Submission Date:** 07/15/2010

**Organization Type:** Educational Institution

**Organization Name:** Human Nutrition, Food & Animal Sciences, Univ of Hawaii

**First Name:** Alan

**Last Name:** Titchenal

**Job Title:** Associate Professor

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** Y

**Comment:** Our national food guidance systems have always been based first and foremost on meeting nutrient needs as their primary criterion. As we are sure the Committee is well aware, if nutrient needs are not met, health problems are virtually guaranteed. Consequently, associations among foods, food components, and chronic disease risk should remain secondary to the primary focus on meeting nutrient needs.  
Please see the attached file for our full comments.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001655

**Submission Date:** 07/12/2010

**Organization Type:** Educational Institution

**Organization Name:**

**First Name:** Amy

**Last Name:** Rupert Secol

**Job Title:** Student

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** Y

**Comment:** After attending the committee meeting and hearing the testimony of all presenters, it is necessary to clarify what I intended to convey when I agreed to the recommendation to shift towards a more plant based diet. I interpret this recommendation to mean our daily diet should include more fresh fruits and fresh vegetables such as leafy greens, cruciferous and root vegetables, legumes and herbs etc. I do not interpret this recommendation to advise an increase in our consumption of corn and wheat products as the report clearly states we need to decrease our consumption of grain products. In respect to soy products, research shows pros and cons for consumption. Additional research is necessary to make a conclusive assessment of the quantity that is beneficial.

**Comment ID:** 001846

**Submission Date:** 07/13/2010

**Organization Type:** Educational Institution

**Organization Name:** Cornell University

**First Name:** Alycia

**Last Name:** Gailey

**Job Title:** graduate student

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Human suffering from diseases has been the result of USDA guidelines for many years. Don't let lobbyists manipulate you into promoting dairy consumption as a regular part of our die--sugared no less. Studies such as the China Study have shown a clear link between animal product consumption and cancer, osteoporosis, diabetes, obesity and heart disease.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001301

**Submission Date:** 06/30/2010

**Organization Type:** Educational Institution

**Organization Name:** New York University

**First Name:** Marion

**Last Name:** Nestle

**Job Title:** Professor

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** Y

**Comment:** I have five recommendations for the Guidelines (see attached)

1. The Dietary Guidelines should eliminate the term SoFAS (Solid Fats and Added Sugars).
2. To prevent and control obesity, the Dietary Guidelines should explicitly advise the public to reduce intake of those foods.
3. Dietary Guidelines should say: "Avoid sugar-sweetened beverages."
4. Dietary Guidelines should state recommendations in terms of foods, not nutrients.
5. Dietary Guidelines should recommend changes in the food environment as well as changes in individual dietary behavior.

**Comment ID:** 001274

**Submission Date:** 06/28/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Eric

**Last Name:** Esterling

**Job Title:** Registered Dietitian

**Key Topic:** Carbohydrates, Eating Patterns, Fats

**Sub Topic:**

**Attachment:** N

**Comment:** Please search for "half of grains" and assure each instance correctly states "at least half of grains." For example, page E-1 correctly states: "at least half of all refined grains should be replaced ..." Unfortunately, page B2-8 wrongly states: "... to meet the recommendation that half of grains consumed be whole grains."

Shift the emphasis from dietary cholesterol as a CVD risk factor to refined carbohydrate. Page A-6 declares: "Intakes of dietary fatty acids and cholesterol are major determinants of CVD and T2D..." On page A-6, change "cholesterol" to the more appropriate "refined carbohydrates."

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**Key Topic: Eating Patterns**

The literature is clear that cholesterol does not have the same level of effect as dietary fatty acids. The details on page D3-18, question 2, regarding "the Effect of Dietary Cholesterol" focus almost entirely on cholesterol from eggs. There is no discussion of cholesterol from shellfish. In their review, Kreisberg and Oberman said, "Sterols in shellfish and shrimp do not appreciably influence the serum cholesterol unless fried, cooked in butter, or consumed in large quantities." They also state that cholesterol is not as important as saturated fat. (Kreisberg RA, Oberman A. Medical Management of Hyperlipidemia/Dyslipidemia. The Journal of Clinical Endocrinology & Metabolism 88: 2445-2461.)

On the other hand, reasonably strong evidence suggests refined carbohydrates warrant the same attention as fat intake for CVD and T2D. (Among others: Jakobsen MU, Dethlefsen C, et al. Intake of carbohydrates compared with intake of saturated fatty acids and risk of myocardial infarction: importance of the glycemic index. Am J Clin Nutr. 2010 June;91(6):1764-1768).

Page A-4 makes the excellent recommendation to: "Increase environmentally sustainable production of vegetables, fruits, and fiber-rich whole grains.". I hope this is followed through into moving subsidies from corn and soy to more local fruit and vegetable providers. Schools, home delivered meals, and farmers would benefit from more commodity availability of whole grains, fresh fruits, and vegetables. Unfortunately, I did not find any follow up to this recommendation.

**Comment ID:** 002031

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Mary Ellen

**Last Name:** Camire, PhD

**Job Title:** Professor

**Key Topic:** Carbohydrates, Eating Patterns, Food Groups

**Sub Topic:** Fiber, Grains, Whole grains, Whole grains

**Attachment:** Y

**Comment:** Please see attached for comments on the DGAC technical report.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001961

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Karen

**Last Name:** Ehrens

**Job Title:** Health and Nutrition Consultant; Registered Dietitian

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** I agree with the DG Committee that our food systems and environment are obesogenic. I support policy changes that would incent selecting healthier foods and improving access to sustainably-grown produce AND livestock. I agree that there are health, environmental and financial benefits to a more plant-based diet.

**Comment ID:** 001919

**Submission Date:** 07/14/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Geraldine

**Last Name:** Morse

**Job Title:** Dietitian

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** It is important that the Recommended Dietary Intake and the recommendations in the Food Guide Pyramid match. Every day I try to help people understand the information that is provided by government sources and the media. The fact that the government sources don't match makes it very difficult. For example teaching a diabetic how much carbohydrate they need to eat to control their diabetes and be healthy, the Food Guide Pyramid recommends a minimum of 6 servings of grains, 2 cups of fruits, and 3 dairy products. If 2 of the dairy products are milk and then the Total Carbohydrate intake is 180 gm. The current recommended intake for an adult is 130. The 180 gm of total carbohydrate does not include any starchy vegetables, beans or lentils and no sweets or sugar. Not realistic. Yet beans and lentils are supposed to be healthy so do we take out the fruit or the milk. Doctors frequently order diets of 130 gm of carbohydrates a day, because that is what the DRI's say, but a person can not eat a balanced diet when carbohydrates are limited to 130 gm. The pyramid recommends that calorie intake for adults not be restricted to less than 1200 calories. The current DRI's recommend a calorie intake of ~1050. There are very few people who can maintain their health with this level of calorie intake. The DRI's for the macro nutrients need to be a range for the general public or provide guidance on how to calculate a healthy range.

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**Key Topic:** Eating Patterns

The DR I for Na for a person over 70 is 1200 mg. DRI's are used in planning meals for Meals on Wheels. 1200/3 =400 mg. Bread has 130 mg, milk 100 mg, margarine 47 mg.,roasted chicken breast 63 mg.=340 Still need a fruit, vegetable and starch. Guidelines need to be do able. Try living on only foods with less than 140 mg of sodium per serving.

**Comment ID:** 001935

**Submission Date:** 07/14/2010

**Organization Type:** Individual/Professional

**Organization Name:** League of Vegan Enthusiasts (L.O.V.E.)

**First Name:** Jerry

**Last Name:** Neel

**Job Title:** Healthy Lifestyle Advocate

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Based on the scientific literature as well as my own personal experience, A WHOLE FOODS, PLANT-BASED DIET IS THE MOST OPTIMAL LIFESTYLE A HUMAN BEING CAN LIVE. Having COMPLETELY REVERSED Type 2 Diabetes, Obesity, High Blood Pressure, High Cholesterol, Gout, and Depression through a WHOLE FOODS VEGAN DIET, I completely understand the power of proper nutrition. It is time that the American public stop listening to governmental agencies like the USDA who are in bed with the meat and dairy industries, and instead listen and follow the real experts like Dr. Neal Barnard, Dr. Joel Fuhrman, Dr. John McDougall, Dr. T. Colin Campbell, John Robbins, Jeff Novick, and William Kleinbauer.

**Comment ID:** 001938

**Submission Date:** 07/14/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Jane

**Last Name:** Laping

**Job Title:** Research Associate

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** Y

**Comment:** Please see attached document

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001641

**Submission Date:** 07/12/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Jack

**Last Name:** Loggins

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** I changed my diet from a Standard American Diet to a plant based diet 5.5 years ago. My heart disease, asthma, allergies, dequervain's contracture, sinus all went away. I am 66 years old and take no drugs, prescription or otherwise. Meat and particularly milk is the culprit in American health problems. Casein which is milk protein causes asthma, arthritis, and actually osteoporosis. Osteoporosis is only prevalent in large drinking milk countries of the world. Too much protein causes cancer and many other maladies. Read the books "The China Study", "Reverse and Prevent Heart Disease", and "Dr. Neal Barnard's Program for Reversing Diabetes". Do what is right for America. Don't be swayed by the Meat Producers and Milk Producers. We are trusting you to research this out for your selves and not rely on reports. I have been studying nutrition and health for 6 years and this is the best answer. The solution for America's health problems is to prevent diseases with a plant based diet, not to throw more money after treating diseases. There is no magic bullet. We don't need meat or milk for protein. Protein deficiency does not exist in the world except when people are starving to death. You don't need milk for calcium because calcium is in virtually all plant foods. The cow does not manufacture calcium or protein. She gets it from plants that she eats.

**Comment ID:** 001891

**Submission Date:** 07/14/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Barry

**Last Name:** Cheshier

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** The 2010 report is moving in the right direction, but it's still a dangerous diet because it recommends increased consumption of dairy products (multiple studies have consistently shown protein in cow's milk promotes cancer), lean meats "and other healthy food." Animal products are NOT healthy. Plant-based diets result in good health. Animal-based diets result in disease. The studies are out there. Read them.



# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001902

**Submission Date:** 07/14/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Judith

**Last Name:** Stadler

**Job Title:** Registered Dietitian

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** I urge the Dietary Guidelines Report Committee to consider revisions to the guidelines in a broad, cultural sense. As Dr. David Kessler, former head of FDA, points out in his recent book (The End of Overeating), the people of the United States are "addicted" to the combination of fat, sugar and salt that is the norm in the modern food supply. There are vendors on every corner (fast food restaurants and convenience stores) and the majority of foods in the supermarket are similarly formulated to appeal to this addiction. To wean Americans off this obesogenic diet will require effort and commitment similar to what has been done in the smoking arena over the last 20 years. Changing the food supply needs financial incentives in the form of taxes on low nutrient foods. This tax would parallel the infusion of money received by anti smoking groups by the record court settlement against the tobacco industry. Progress in reducing obesity in children will take far more than tinkering around the edges with how much we should consume of each food group. We need a bold commitment to a largely plant based diet that is minimally processed.

**Comment ID:** 001912

**Submission Date:** 07/14/2010

**Organization Type:** Individual/Professional

**Organization Name:** Self. Healthy Lifestyle Advocate

**First Name:** William

**Last Name:** Kleinbauer

**Job Title:** Retired Aerospace Engineer. Know Optimal Health Nutrition

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** Y

**Comment:** After 7.5 years on the "Optimal Nutrition for Humans Diet," studying and teaching the subject to many, what I wrote for my fellow classmates in the five nutrition courses that I took at Hancock College is good guidance and is attached! Please base your guidelines on science and evidence and stop catering to the industries that provide the very unhealthful "food-like products and animal products. The truth on proper, healthful nutrition is well-known so you are not fooling many of us, just disappointing us and harming the majority!

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*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001772

**Submission Date:** 07/13/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Becky

**Last Name:** Shasteen

**Job Title:** Teacher

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** My kids' school serves junk food every day that the school and the state of Texas call healthy: Sugar-filled, low-fat milk, hot dogs, chicken nuggets, donuts, sweet cereals, white bread. So many kids are obese, and it's because of the nutritional guidelines that are purposely ignoring the research that confirms saturated fats are necessary to good health, good brain function, etc. These guidelines continue to add to the obesity problem in America. The human body is natural and organic. It needs natural fruits, vegetables, meats, eggs, natural saturated fats. Please look at all the research about nutrition, and stop encouraging the states to poison our kids with sugar. Why do so many kids have ADHD, OCD and many other problems? No one seems to be able to find a cause, and your committee is not considering this! I'm tired of seeing donuts, sugary cereals and strawberry milk served to our nations kids. They deserve better! Here's one report from the UK that I found easily. Why aren't you reading these reports?  
[http://www.health-report.co.uk/saturated\\_fats\\_health\\_benefits.htm](http://www.health-report.co.uk/saturated_fats_health_benefits.htm)

**Comment ID:** 002086

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:** Women Infant and Children

**First Name:** Peggy

**Last Name:** Daniels

**Job Title:** Nutrition Specialist / Site Manger

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** N

**Comment:** Physical activity: Adults need to schedule themselves for regular physical activity five days per week. Start out slowl beginning with 15minutes walk or jog. Within a 6 week period the individual' s goal should be to achieve 60 minutes of physical activity 5 days per week.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 002088

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Catherine

**Last Name:** Tietje

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** I'm very disappointed to see this year's dietary guidelines. It is really "more of the same" -- lower fat, more whole grains, etc. Yet, as the population shifts towards eating more and more this way, they are getting fatter and sicker. Clearly the guidelines so far are NOT working. Why would you then choose to rewrite them to be basically the same?

It is true that there are too many added sugars in our diet. But animal fats are another matter entirely. There exists a large body of research that suggests animal fats are highly beneficial. It is also true that there are many fat-soluble vitamins in fruits and vegetables that are NOT absorbed if these are not eaten with fat.

Instead, I'd like to see you recommend more fat, fewer grains (especially refined grains), and fewer chemicals in food (like MSG, aspartame, artificial flavors and colors). Whole, fresh, natural food would benefit us all -- WITH the fat, please!

**Comment ID:** 002054

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Krys

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** The recommendations you are making don't work, as we can see by the rapidly rising obesity rates. Cut the processed, carb-loaded junk and get back to real foods. Meats, veggies, fruits, nuts, eggs, butter, real fats-these are the ingredients we need to survive, and thrive as a country. Support the small farm and feed our kids REAL FOOD. Your own documents indicate that the advice you're planning to give -- more of the same low fat/high carb garbage -- DOESN'T WORK. Shame on you. Stop working for the Big AG companies (like Monsanto who is destroying our food supply) and start working for the American people.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 002112

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** C. Ronald

**Last Name:** Ferguson

**Job Title:** Health Advocate

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** N

**Comment:** Your comments relative of the healthiness of a vegan diet are without scientific justification. Evidence is that a whole food plant based diet is effective in preventing, suspending and/or curing all cancers, heart diseases, multiple sclerosis, kidney stones, cataracts, osteoporosis, type I/II diabetes, rheumatoid arthritis, macular degeneration, hypertension, acne, migraine, lupus, depression, Alzheimer's disease and even colds and flu.

**Comment ID:** 002149

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Stuart

**Last Name:** Katsh

**Job Title:** Registered Dietitian

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Reading the suggested guidelines and reviewing the comments regarding them has been very interesting. There is a great deal of science based evidence to restrict certain food items and similarly a great deal of science based evidence to encourage people to eat more of certain items

It appears many groups whose items should be restricted based on scientific evidence are refuting the studies, creating their own, non scientific reasons for not limiting these items. These comments are feelings based on profit and fear (of loss of profits) and not based in nor concerned with health or science. These people and companies do not promote health but hinder it and possibly help led people to disease states.

Similarly many people have weighed in confirming the fact that these guidelines need to be fact (science) based and perhaps should even be more specific in regards to people nutrition and lifestyle.

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*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

I support the latter and certainly hope the committee chooses science over feelings and fact over fear.

**Comment ID:** 002162

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:** Monadnock Speech & Language

**First Name:** Deborah L.

**Last Name:** Bennett

**Job Title:** Speech and Language Pathologist

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** N

**Comment:** Regarding the new U.S. Dietary Guidelines: The health and development of children depend on sound nutrition and sound nutritional advice. The new Guidelines are inconsistent in their message on animal foods and disease; on dietary fat and obesity; on dairy products and health; and on saturated and trans fats. The new guidelines do not address critically important topics including lactose intolerance, damage and dangers caused by animal protein, and the major sources of infections from food: bacterial and viral contamination that originate in animal products. The guidelines do not follow accepted science on several topics and these must be corrected in order not to mislead and misinform the public. For example, plants are NOT incomplete proteins; plant based diets are NOT nutritionally inadequate when a B12 supplement is used; dairy products are NOT required for good nutrition; eggs are NOT safe for everyone; and fish is NOT an appropriate food for frequent consumption, especially in pregnancy.

America needs a Dietary Guidelines Advisory Committee dedicated to fixing the problem of the rich Western diet. The current Advisory Committee makes too many concessions to the meat, egg, and dairy industries that are contrary to accepted, unbiased medical science. If these guidelines are followed, we will continue to have burgeoning epidemics of heart disease, diabetes, cancer, strokes, dementia, autoimmune illnesses, and obesity, with victims becoming younger and younger each year. Trillions of dollars are at stake if the truth is told, but the survival of our nation is at stake if we do not take action that is long overdue.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001287

**Submission Date:** 06/28/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** James

**Last Name:** Brame

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** "I heartily support the new 2010 dietary guidelines, particularly the new sodium guidelines of 1,500 mg a day, the new lowering of saturated fat intake to 7% of calories a day, the call to action for a lower-calorie-dense diet to fight our nation's obesity epidemic, and the emphasis on a plant-based diet emphasizing real food (rather than processed food) such as fresh fruits, fresh vegetables, whole grains, beans, fat-free dairy, and seafood. These are similar to the recommendations that I and thousands more have been following on the Pritikin Program. Pritikin's health benefits, documented in 115+ studies in peer-reviewed journals over the last 30 years, are EXACTLY what our country so desperately needs. Do NOT allow the food industry to water your 2010 guidelines down."

**Comment ID:** 001264

**Submission Date:** 06/28/2010

**Organization Type:** Individual/Professional

**Organization Name:** Registered Dietitian

**First Name:** Jessica

**Last Name:** Butcher

**Job Title:** Corporate Dietitian

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** To the Professional DGA Committee:

Thank-you for encouraging a plant-based diet. This is certainly the way to go. There are many studies confirming that a plant based diet is not only more sustainable, but it is better for both human and environmental health.

There are also many studies confirming that plant sources of calcium are better bone building sources than dairy. Countries which consume little if any dairy have far fewer hip fractures than our own country! Please continue to push for plant based diets and do not succumb to the massive propaganda from the Dairy Industry and their check-off funding.

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**Key Topic: Eating Patterns**

Perhaps it would be possible to be more clear as to what other dietary sources will provide calcium outside of Dairy?

I am thrilled to see such refreshing recommendations for a healthier American. This is coming with wonderful timing as it will certainly be reinforced by the new healthcare reforms.

Also thankful to see the new sodium guidelines. Please continue to push for these so that schools will have an easier time incorporating this into their meal programs.

When it comes to encouraging fruits and vegetables, I believe that pesticide contamination should be addressed.

My final point is in regards to seafood consumption. There is immense confusion on this topic and greater guidance as to the safest sources of seafood (those with the lowest amounts of PCBs and methylmercury). Please help to guide Americans with only their health in mind. Certainly this is a food group causing immense health issues.

In happiness & health,

Jessica Butcher, RD

**Comment ID:** 001318

**Submission Date:** 07/01/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Earl

**Last Name:** Jones

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Diet guide lines should not be pushing people to eat dairy, meat and other animal protein products which are damaging to the environment to produce and bad for an individuals health.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001319

**Submission Date:** 07/01/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Sara

**Last Name:** Hultberg

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Bodies are not machines-all are individual & react differently to different eating & activity patterns. Patients/citizens MUST be urged to take responsibility for self-education & observation. e.g. As a type 2 diabetic, if I followed the ADA guidelines my blood sugar would be in poor control. I simply do not tolerate that level of carbohydrates. I treat my body like a lab & find what works for ME to stay in good control. Citizens get discouraged when they follow government or doctor guidelines & do not see the results they are supposed to. Depression, shame, anger set in which can lead to defeatism & continuation of poor lifestyle habits. Who do I listen to? My doctor who has never had diabetes, or thousands of fellow sufferers of the disease who have found strategies ranging from low-carb to moderate-carb to high carb to vegetarian, vegan, raw, etc. that have worked for them? I look at my A1C, my daily glucose testing, my annual labs/lipid profile, and my blood pressure & see that what I'm doing works for ME though it may not fit into government or doctor guidelines. That should be valued and encouraged. Both doctors and patients, government and citizens need to make empowerment & responsibility the number one goal, rather than accepting a one size fits all solution. This is true not just for diabetics but for all citizens with health concerns that can be addressed through nutrition. Patients should be empowered and encouraged to proactively seek what works for each---not scolded if they are not following a blanket prescription. The only way our nation's health problems will be solved is if each citizen takes responsibility for his own health, as is possible.

**Comment ID:** 001308

**Submission Date:** 06/30/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Ruthmarie

**Last Name:** Lavezzo

**Job Title:** Diabetes Educator, RD

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Have you all considered the growing number of overweight and obese people correlating with the also growing number of people with diabetes and diabetes complications? There is a connection! 30% obese, 67% overweight, millions and millions with diabetes and pre-diabetes. Come on! Listen to the evidence based science out there from: Joslin Diabetes Center,



# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

Loma Linda University, Lifestyle Medicine at Brigham Young University, American Heart Assoc., Harvard School of Public Health, American Institute of Cancer Research, Physicians Committee for Responsible Medicine and more, and see that a plant-based diet is really where all of us should be. Mostly vegetarian diets will help people survive the "Diabetes Epidemic" prevent it or reverse it for life!!

**Comment ID:** 001355

**Submission Date:** 07/05/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Sadie

**Last Name:** Britt

**Job Title:** Cardiac Rehab Educator

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Please preserve the strength of the advisory guidelines recommendations and do not allow them to be diluted by vested interests marketing food-like products. We need real food available to everyone. Please strengthen the guidelines with blunt and direct guidance---sugary drinks totally blow the extra calories budget, potato chips are not food, Name the "foods" that are full of the solid fats and the sugars that are making us all fat and sick by the time we retire---my patients all thought they would get to travel and have fun in their golden years--too many of them have to spend all their discretionary income on medications---and so many more are too young for medicare when their overburdened bodies fall apart. this is not just an individual choice. this is a systems issues. systems are not angelic or evil---they either work or don't work. Something here is simply not working.

**Comment ID:** 001395

**Submission Date:** 07/07/2010

**Organization Type:** Individual/Professional

**Organization Name:** Functional Holistic Wellness

**First Name:** Shantih

**Last Name:** Coro

**Job Title:** Nutritionist

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** USDA has issued draft Dietary Guidelines for 2010. Rather than correct its anti-saturated fat and anti-cholesterol position, which has led to an epidemic of disease in this country, the new Guidelines are worse than ever, with more stringent restriction of saturated fat (7 percent of total calories, down from 10 percent) and cholesterol consumption of less than 300 mg per day (less than 200 mg for those with risk factors for heart disease or diabetes--one egg contains about 245 mg cholesterol), and reduction of salt intake from 2.3 grams to 1.5 grams (about one-fourth teaspoon).

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

The guidelines sweep the dangers of trans fat under the rug by lumping them with saturated fats, using the term "solid fats" for both, promote an increase in difficult-to-digest whole grains, and recommend lean meats and lowfat dairy products. Cheese is specifically singled out for avoidance because of its high "solid fat" content. Since, as the Committee admits, no one follows earlier versions of the Guidelines, it is recommending a focus on "actions needed to successfully implement" key recommendations, in other words on how to force people to eat in this highly deficient and grossly unsatisfying way.

**Comment ID:** 001402

**Submission Date:** 07/07/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Sally

**Last Name:** Norton, MPH

**Job Title:** Public Health Nutrition Educator

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** The major message of the USDA food pyramid, "avoid animal fat at all costs and eat more carbs and processed grains", is wrong, nutritionally, historically, scientifically. Worse, it is the basis for the worsening health of the population. It has also made the public vulnerable to the messages of the processed food industry. Our major health problems are a product of modern lifestyle; most especially processed foods. Yet, nutritional science, in yielding to cultural and financial interests, fails to point to the distinction between traditional, whole foods and modern foods. This dietary advice completely ignores the evidence provided by pre-industrial health and food ways. It ignores historical truths and basic biology, including the impacts of growing conditions on food quality. Consumers need more information about how growing conditions, food processing, and preparation impact the nutritional value of foods and consumer health. A more truthful approach would strongly warn consumers about the dangers of sugar, processed grains, trans fats, and modern vegetable oil. It would give a green light to traditional farm foods raised as nature intended and would encourage the consumption of foods that naturally contain fat-soluble nutrients (Vit. A, D, E, & K), such as eggs, with the fat needed for absorption and assimilation (i.e. butter). The message of eating guidelines must clearly highlight the difference between whole, nutrient dense foods and depleted processed foods.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001432

**Submission Date:** 07/08/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Megan

**Last Name:** Ryan

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** Please consider the evidence from Harvard Medical School's reasearch regarding the problems with the current pyramid:  
[http://www.health.harvard.edu/books/Eat\\_Drink\\_and\\_Be\\_Healthy](http://www.health.harvard.edu/books/Eat_Drink_and_Be_Healthy)

**Comment ID:** 001447

**Submission Date:** 07/09/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** P

**Last Name:** Henry, CFCS

**Job Title:** educator

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** As a teacher I would like to see elements from the old food pyramid incorporated into the new pyramid. Students need to know not just their own plan, but how to adapt eating for a family. To that end, I would like to see the normal range of serving sizes appear on the inside the food pyramid information page with the food group. Also, when sample items are listed on the inside the food pyramid page, a sample serving size should be given. All of this would make an overview of the pyramid and its plan easier to teach.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001467

**Submission Date:** 07/09/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** J A

**Last Name:** Hunt

**Job Title:** Nutritionist

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** It is imperative that the Dietary Guidelines address Americans in a more specific light. Include meal patterns and food items in addition to physical activity concluding with the importance of the mineral, water.

**Comment ID:** 001477

**Submission Date:** 07/09/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Sarah

**Last Name:** Graham

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** It is vital to our future health as a country that we move away from processed foods and begin to re-learn to cook meals at home prepared with fresh, whole foods. This is difficult for many families currently because processed foods are typically more affordable than fresh foods. If we are ever to become more healthy as a nation, this needs to be reversed such that the foods that us cost our health also cost more money. One way to move in that direction is by reducing demand for processed food and increase demand for fresh food. This can begin to happen if the dietary guidelines encourage eating whole foods and avoiding processed, preservative- and salt-laden foods.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001572

**Submission Date:** 07/10/2010

**Organization Type:** Individual/Professional

**Organization Name:** The Wellness Forum

**First Name:** Pamela

**Last Name:** Popper

**Job Title:** President

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** Y

**Comment:** The proposed draft is encouraging since it recommends the consumption of more plant-based foods, but does not go far enough in stressing the superiority of a plant-based diet for weight loss, and for preventing and reversing many degenerative diseases.

**Comment ID:** 001587

**Submission Date:** 07/10/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Michael

**Last Name:** Bulger

**Job Title:** Student

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** Dear Sirs and Madams,

While reading the DGAC Report for 2010, I noticed certain language that prompted me to submit this comment. I am referring to the following quote from Part B, Section 3: Translating and Integrating the Evidence.

"Population growth, availability of fresh water, arable land constraints, climate change, current policies, and business practices are among some of the major challenges that need to be addressed in order to ensure that these recommendations can be implemented nationally. For example, if every American were to meet the vegetable, fruit, and whole -grain recommendations, domestic crop acreage would need to increase by an estimated 7.4 million harvested acres (Buzby, 2006)."

Unfortunately, though I have not read the study cited, I must assume that this conclusion that acreage would need to be increased is in fact a faulty conclusion. I ask the USDA to consider the opportunities that may allow for preexisting acreage to be converted to more appropriate ends.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

As evidence of this opportunity, I ask you to draw your attention to Part D, Section 1: Energy Balance and Weight Management. Figure D1.4 clearly shows an over-availability of grains and meat when compared to per-capita recommendations as per MyPyramid. A similar comparison reveals an under-availability of fruit and vegetables.

I propose that the USDA explore means with which to adjust crop production so as to meet MyPyramid recommendations. I see ample opportunity to make acreage devoted to meat and animal feed-grain production more exclusive. Some of this acreage could most certainly be recommitted to the production of vegetables, fruit, and whole-grains.

If this has already been considered, I apologize for taking up your valuable time. If my suggestions seem reasonable, might I encourage you to consider approaching the legislative branch for assistance in this matter?

Sincerely,  
Michael A. Bulger

**Comment ID:** 001599

**Submission Date:** 07/10/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Sean C.

**Last Name:** Lucan, MD, MPH, MS

**Job Title:** Family Physician, Research Faculty

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** N

**Comment:** I am a family physician who manages mostly diet-related diseases (e.g. obesity, diabetes, hypertension, dyslipidemia, etc.) in an urban underserved practice in NYC. I also conduct public-health research on how the food environment influences people's dietary behaviors, and what the implications are for obesity and chronic disease. The following are my suggestions for Guidelines on dietary patterns:

- The guidelines should focus less on the proportions of different macronutrients that are ideal; we know that healthy diets can be enormously diverse and relatively high or low in fat, protein, or carbohydrate. Moreover, there should be an effort to undo the generalizations about, and demonization of, particular macronutrient classes -- emphasizing that there are both good fats (e.g. nuts) and bad fats (e.g. fried corn chips), good carbohydrates (e.g. oatmeal) and bad carbohydrates (e.g. soda), good protein (e.g. beans and brown rice) and bad proteins (e.g. hamburger).

- As per above examples, the guidelines should focus on whole foods (e.g. fruits, vegetables, and whole grains) as opposed to abstract components (e.g. trans fat, sodium, and cholesterol).

- People should be encouraged to choose plant-based foods (e.g. fruits, vegetables, whole grains, legumes, nuts, and seeds,) to limit consumption of animal foods (e.g. dairy products, eggs, and meats), and to avoid consumption of processed foods (e.g. refined sweets and salty snacks).

- There should be an emphasis on choosing local "organic" produce. If animal products are chosen, "organic", "free-range", "wild", and "pastured" should be emphasized.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

Animal foods produced through the use of added hormones, antibiotics, or feeds that are synthetic, animal-based (e.g. chicken excrement or rendered animal parts), or composed of unnatural vegetarian sources (e.g. grain for cows) should be explicitly discouraged.

**Comment ID:** 001625

**Submission Date:** 07/12/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Jeff

**Last Name:** K

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** Y

**Comment:** I am very concerned about the proposed dietary guidelines. I hope the attached MS Word document will justify positive changes to the dietary guidelines.

**Comment ID:** 001686

**Submission Date:** 07/12/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Thomas

**Last Name:** Flinn

**Job Title:** Development Associate

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** I am just a regular citizen. I have become aware of the benefits of a whole food, plant-based diet. The results that I have personally experienced, in addition to the overwhelming scientific evidence, are nothing short of remarkable. What is disturbing is that the US government is being controlled by the food industries - to the peril of the American citizens. It is a tragedy.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001706

**Submission Date:** 07/12/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Bill & Judy

**Last Name:** Welu

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Regarding 2010 Dietary Recommendations:

The Committee obviously is biased relative to the industries of meat, dairy, fish and eggs. The research that is available clearly states the nutritional advantages and pluses of a complete plant-based diet. We would recommend that the Committee include in their recommendations the truth about the qualities of plant-based proteins and show the adverse effects of milk and meat etc. This report is definitely both politically and economically charged in its biases favoring the major food producers in America. Our children and grandchildren have not been helped by your report and your bias.

**Comment ID:** 001716

**Submission Date:** 07/12/2010

**Organization Type:** Individual/Professional

**Organization Name:** Self. Healthy Lifestyle Advocate

**First Name:** William

**Last Name:** Kleinbauer

**Job Title:** Retired Aerospace Engineer. Know Optimal Health Nutrition

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** Y

**Comment:** My family of four has been on the Dr. McDougall "Total Health Solution" nutrition guidance for 7.5 years now. Based on the evidence and results, the optimal nutrition for best human health is "A plant-based, whole foods diet centered on starchy plants and green and yellow vegetables. Add fruits and grains and legumes in moderation. Avoid/minimize all animal products."

Follow guidance of other experts, too: Dr. Joel Fuhrman, Dr. Hans Diehl, Dr. Neal Barnard, Dr. Pam Popper, Dr. Dean Ornish, RD Jeff Novick, etc. PLEASE DO NOT CONTINUE TO BEND YOUR ADVICE TO CATER TO THE DAIRY AND MEAT AND SEAFOOD INDUSTRIES. Dr. McD has critiqued your failings in the 2010 proposed guidelines. PAY ATTENTION!



# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

**Comment ID:** 001723

**Submission Date:** 07/12/2010

**Organization Type:** Individual/Professional

**Organization Name:** Triad Wellness LLC

**First Name:** Genevieve

**Last Name:** Kohn

**Job Title:** President

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** Y

**Comment:** It is my belief, as a life coach, energy healer, and wellness author, that the less processed foods and man-made chemicals we eat, the better off we'll be. Kudos to the USDA for attempting to give us the latest knowledge on nutrition. It is so valuable.

**Comment ID:** 001749

**Submission Date:** 07/13/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Alicia

**Last Name:** Townsend

**Job Title:** clincial health psychologist

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** I am surprised to see "Evidence-based Review Process" is even an option when filling out this form, since scientific evidence seems to be ignored when developing nutritional guidelines. More specifically, the following research should be taken into consideration: research showing that dairy consumption is associated with an increased incidence of osteoporosis, allergies, and acne; that meat consumption is associated with an increased risk of many forms of cancer; that diets high in animal fat are associated with a greater incidence of Type II diabetes; and that plant-based/mostly raw diets can reverse Type II diabetes and heart disease. Evidence-based recommendations would focus on a plant-based diet, or at least emphasize plant-based alternatives.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001750

**Submission Date:** 07/13/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Chris

**Last Name:** M

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** It's time to see our Federal government take seriously the epidemics of diet-caused disease in both our human population and our natural environment. It's time to make some hard choices that may not be in industry's favor, but will instead benefit citizens by prioritizing health and truth over profits of corporations. People need to be told that salt, sugar, and meat are bad for their health. People need to be told that increased consumption of organic plants?fruits, vegetables, nuts, legumes, and seeds will benefit their long-term health, as well as the health of the planet. Milk products do harm to bodies young and old. Dairy farms wreak havoc on our environment. Why do milk (and meat) producers continue to be allowed to lie to the public and perpetuate absolutely false health claims? Let's start telling the truth about the benefits of eating healthy foods, consciously cooked at home. The American public is suffering and dying thanks to the lies about unhealthy food products that saturate our airwaves and our culture?we must make a significant change now!

**Comment ID:** 001752

**Submission Date:** 07/13/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Patricia

**Last Name:** Nelson

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** Y

**Comment:** Please see attached document, which expresses the entirety of my views.

Your Dietary Guidelines report reeks of politics. As reasonable people, we have had enough of government's partnerships with food industries that kill us for profit.

I demand that all present Committee members resign and be replaced by scientists and others who put public safety first and recommend only plant-based diets.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001753

**Submission Date:** 07/13/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** David

**Last Name:** Garvin

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** Thank you for the opportunity to tell you how much more healthy my family and I have become by moving to a plant-based diet. We feel better, lost some excess weight and our health is a wonder to our general physician. I have read the studies showing the improvements when cholesterol from eggs, milk and meat is lowered to a minimal level and sugar is less refined. - Please consider recommending my fellow Americans further reduce their high intake of animal protein along with excessive sodium, white sugar, eggs and dairy. I believe these contribute to our largely obese, unhealthy nation. Thank you again. - David Garvin (age 48).

**Comment ID:** 000963

**Submission Date:** 06/15/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:** Heidi

**Job Title:** Mapp

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** 2. Consume no more than 6 grams of added sugar per serving per day (to ward off expensive diabetes and cancer).

3. Consume no more than 100 mg. of sodium per serving (to ward off expensive hypertension).

4. Consume no more than 6 grams of protein per day (2 servings of 3 oz. each) to ward off expensive high cholesterol and kidney-related diseases, including gout.

5. Use good fats only: high Omega-3's like olive oil, coconut oil, high-oleic safflower oil (check labels here), high-oleic sunflower oil, etc. The safflower and sunflower oils are good for frying, and the coconut oil is terrific for baking.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

7. Eat primarily fruits and vegetables?avoid fast foods and processed foods (anything in a can, jar, box, or bag). If you MUST use processed foods, use some with low sodium (<100 mg./serving) or sugar (<6 grams/serving). This increases your fiber and eliminates excess fats, sugars, and hormones from your blood, and helps ward off cancer.

8. Visit a dietitian for a specific eating plan to help you lose weight and reverse chronic diseases you may now have, and visit a personal trainer for an exercise plan that fits your goals and abilities.

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For the complete article: <http://wenchwisdom.blogspot.com/2009/09/d-i-y-health-care-reform-help-save.html>

**Comment ID:** 000986

**Submission Date:** 06/15/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Narina

**Last Name:** Schulz

**Job Title:** Student

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** The USDA should emphasize reduction of meat intake in daily meals. Most Americans eat meat at every meal, and make it the center of their meals. Americans need to rethink their main courses and make them vegetable based, instead of beef or chicken as the main course. This is why Americans are obese. The US government should also stop subsidizing animal farms, the leading contributor to global warming! Don't take my word on it - look it up in any scientific research about the causes of global warming. You will see that animal farming is a bigger contributor to global warming than transportation. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2535638/?tool=pubmed>

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001000

**Submission Date:** 06/16/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Patricia

**Last Name:** Miller

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** I appreciate and agree with the latest food pyramid. I am a veggie and fruit lover. My problem is that a 1 lb bag of fresh broccoli cost twice as much as ground beef and several times more than cheap pasta or potatoes. Subsidize broccoli farmers

**Comment ID:** 001024

**Submission Date:** 06/17/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Martin

**Last Name:** Hackenmueller

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** Change the geometric shape of the food guide from a pyramid to a circle. A circle mimics the shape of most dining plates and introduces a visual education style that is less abstract for American consumers who are trying to balance food group intake.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001065

**Submission Date:** 06/21/2010

**Organization Type:** Individual/Professional

**Organization Name:** Nutritional Concepts

**First Name:** Bonnie

**Last Name:** Minsky

**Job Title:** Certified Nutrition Specialist, M.A., M.P.H., L.D.N., C.N.S.

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** Y

**Comment:** To Whom it May Concern:

Please see attachment with documents to print out.

Thank you

**Comment ID:** 001071

**Submission Date:** 06/22/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Raven

**Last Name:** Wolfmoon

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Native Americans in the pre 1900 era did not suffer from diabetes, stroke, or heart disease. Why? Because up to that point their diet consisted of lean buffalo or deer meat, fish, turkey, wild yams, and roots. There was plenty of exercise and no refined sugar or bread. I would suggest looking into the benefits of a higher protein meat and vegetable diet with less sugar and less additives. More organic and natural.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001079

**Submission Date:** 06/22/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Beth

**Last Name:** Munzel

**Job Title:** Optometrist and parent of elementary school children

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Please consider making a requirement of eating time no shorter than 25 minutes so children have time to eat healthy food. At our public school, 20 min. time includes wait, clean-up and is way to short.  
Thank you

**Comment ID:** 001090

**Submission Date:** 06/23/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** marlese

**Last Name:** carroll

**Job Title:** nutrition consultant

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** My family use to live on gov approved diet 6 years ago. I only had margarine, lots of grains and not animal protein. My daughter had severe cavities at 4, and still suffers bouts of depression and sickness from lack of fats and protein. I use to weigh 195 lbs, had hair loss, chronic fatigue, thyroid issues and severe PMS. Adding back in real butter, cod liver oil and animal protein saved us. My daughter is now never sick, and much happier. I am also never sick, thyroid is corrected, weight is normal and hair grew back. All from eating a balanced grass fed, butter, greens and modest grains diet. Marlese

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001153

**Submission Date:** 06/23/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** David

**Last Name:** Heinrich

**Job Title:** Mechanical Engineer

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** I am far, far healthier in every way by ignoring these USDA industry-serving recommendations and eating plenty of eggs, butter, and slow cooked red meat and vegetables, What unscientific, unnatural, and destructive recommendations in the name public health. Soy should appear nowhere! High cholesterol butter and eggs should be served to pregnant women and young children in quantity. Shame!  
Shame on USDA for undermining the mental and physical development of this country's future generations! What a travesty!

**Comment ID:** 001165

**Submission Date:** 06/24/2010

**Organization Type:** Individual/Professional

**Organization Name:** Broadwater Health Center

**First Name:** Joan

**Last Name:** Davis

**Job Title:** Chief Nursing Officer, MPH

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** As an RN with a Master's in Public Health and as a Certified Health and Fitness specialist I heartily support the new 2010 dietary guidelines, particularly the new sodium guidelines of 1,500 mg a day, the new lowering of saturated fat intake to 7% of calories a day, the call to action for a lower-calorie-dense diet to fight our nation's obesity epidemic, and the emphasis on a plant-based diet emphasizing real food (rather than processed food) such as fresh fruits, fresh vegetables, whole grains, beans, fat-free dairy, and seafood. These recommendations supported in 115+ studies in peer-reviewed journals over the last 30 years, are EXACTLY what our country so desperately needs. Do NOT allow the food industry to water your 2010 guidelines down."



# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001180

**Submission Date:** 06/24/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** christa

**Last Name:** rotolo

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** N

**Comment:** "I heartily support the new 2010 dietary guidelines, particularly the new sodium guidelines of 1,500 mg a day, the new lowering of saturated fat intake to 7% of calories a day, the call to action for a lower-calorie-dense diet to fight our nation's obesity epidemic, and the emphasis on a plant-based diet emphasizing real food (rather than processed food) such as fresh fruits, fresh vegetables, whole grains, beans, fat-free dairy, and seafood. These are similar to the recommendations that I and thousands more have been following on the Pritikin Program. Pritikin's health benefits, documented in 115+ studies in peer-reviewed journals over the last 30 years, are EXACTLY what our country so desperately needs. Do NOT allow the food industry to water your 2010 guidelines down

**Comment ID:** 001108

**Submission Date:** 06/23/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Julia

**Last Name:** Tjeknavorian

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** \*

"I heartily support the new 2010 dietary guidelines, particularly the new sodium guidelines of 1,500 mg a day, the new lowering of saturated fat intake to 7% of calories a day, the call to action for a lower-calorie-dense diet to fight our nation's obesity epidemic, and the emphasis on a plant-based diet emphasizing real food (rather than processed food) such as fresh fruits, fresh vegetables, whole grains, beans, fat-free dairy, and seafood. These are similar to the recommendations that I and thousands more have been following on the Pritikin Program. Pritikin's health benefits, documented in 115+ studies in peer-reviewed journals over the last 30 years, are EXACTLY what our country so desperately needs. Do NOT allow the food industry to water your 2010 guidelines down."

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001187

**Submission Date:** 06/24/2010

**Organization Type:** Individual/Professional

**Organization Name:** School Nurse, Simi Valley Unified School Distrtict

**First Name:** Marcia

**Last Name:** Schneider RN CPNP

**Job Title:** School Nurse

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** I work with students and parents, and I have found the current "pyramid" format nearly incomprehensible to most of them.

Please take the latest nutrition research and return to a big base and small top traditional pyramid - this visually demonstates servings per day or week - more of certain foods and much less of others.

Please show examples of real foods in the pyramid - one should not have to read the fine print to figure it out.

I'd love to see versions that cover vegetarians, teenagers, athletes, pregnant women, etc. too.

But getting the format usable is my top priority.

**Comment ID:** 001212

**Submission Date:** 06/24/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:** REGISTERED DIETITIAN WITH ADA

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** Y

**Comment:** SEE ATTACHED.

ADA AND FDA ARE ABSURD. WHY WOULD YOU MAKE GUIDELINE MORE STRINGENT WHEN THE CURRENT ONES ARE MAKING US SICKER.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

ARE YOU CRAZY?

**Comment ID:** 001221

**Submission Date:** 06/24/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** "I heartily support the new 2010 dietary guidelines, particularly the new sodium guidelines of 1,500 mg a day, the new lowering of saturated fat intake to 7% of calories a day, the call to action for a lower-calorie-dense diet to fight our nation's obesity epidemic, and the emphasis on a plant-based diet emphasizing real food (rather than processed food) such as fresh fruits, fresh vegetables, whole grains, beans, fat-free dairy, and seafood. These are similar to the recommendations that I and thousands more have been following on the Pritikin Program. Pritikin's health benefits, documented in 115+ studies in peer-reviewed journals over the last 30 years, are EXACTLY what our country so desperately needs. Do NOT allow the food industry to water your 2010 guidelines down."

**Comment ID:** 001225

**Submission Date:** 06/25/2010

**Organization Type:** Individual/Professional

**Organization Name:** Nashville Songwriters Association International

**First Name:** Rebecca

**Last Name:** Foster

**Job Title:** Special Projects Coordinator

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** I greatly support the new 2010 dietary guidelines, particularly the new sodium guidelines of 1,500 mg a day, the new lowering of saturated fat intake to 7% of calories a day, the call to action for a lower-calorie-dense diet to fight our nation's obesity epidemic, and the emphasis on a plant-based diet emphasizing real food (rather than processed food) such as fresh fruits, fresh vegetables, whole grains, beans, fat-free dairy, and seafood. These are similar to the recommendations that I and thousands more have been following

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

on the Pritikin Program. Pritikin's health benefits, documented in 115+ studies in peer-reviewed journals over the last 30 years, are EXACTLY what our country so desperately needs. They have saved my husband's, who has heart trouble, life. PLEASE Do NOT allow the food industry to water your 2010 guidelines down.

**Comment ID:** 001226

**Submission Date:** 06/25/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** N

**Comment:** I heartily support the new 2010 dietary guidelines, particularly the new sodium guidelines of 1,500 mg a day, the new lowering of saturated fat intake to 7% of calories a day, the call to action for a lower-calorie-dense diet to fight our nation's obesity and life-style diseases epidemic, and the emphasis on a plant-based diet emphasizing real food (rather than processed food) such as fresh fruits, fresh vegetables, whole grains, and beans. These are similar to the recommendations that I and thousands more have been following on the Eat To Live program developed by Dr. Joel Fuhrman, the Pritikin Program, the McDougall program and cardiac rehap experts Dr. Dean Ornish and Dr. Caldwell Esselstyn. As an example, Pritikin's health benefits, documented in 115+ studies in peer-reviewed journals over the last 30 years, are EXACTLY what our country so desperately needs. Do NOT allow the food industry to water down your 2010 guidelines. In fact, we should consider these to be a start in the right direction as we work to build the health, strength, and safety of our population.

**Comment ID:** 001240

**Submission Date:** 06/25/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Keith

**Last Name:** Herman

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** I heartily support the new 2010 dietary guidelines, particularly the new sodium guidelines of 1,500 mg a day, the new lowering of saturated fat intake to 7% of calories a day, the call to action for a lower-calorie-dense diet to fight our nation's obesity epidemic, and the emphasis on a plant-based diet emphasizing real food (rather than processed food) such as fresh fruits, fresh vegetables, whole grains, beans, fat-free dairy, and seafood. These are similar to the recommendations in the World Cancer Research Fund's 2007 Report. This is EXACTLY what our country so desperately needs. Do NOT allow the food industry to water your 2010 guidelines down.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001249

**Submission Date:** 06/26/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Richard

**Last Name:** Szabo

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Research-based evidence of the benefits of a plant-based diet, as noted many notable researchers such as T. Colin Campbell, PhD, Caldwell Esselstyn, MD, and Neil Barnard, MD should be thoroughly examined. A plant-based diet can reverse the incredible amounts of obesity, diabetes, cardiovascular disease, and other chronic "Western" diseases which are threatening our society.

**Comment ID:** 001258

**Submission Date:** 06/27/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** L.

**Last Name:** Schmoldt

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Please continue to supply up to date information on vegetarian/vegan studies. Given the epidemic of obesity, this information is a life-saver.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001052

**Submission Date:** 06/18/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Paul

**Last Name:** Boisvert

**Job Title:** Coordinator

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity

**Sub Topic:**

**Attachment:** N

**Comment:** Three steps to lower your calories are suggested: Cut portions, eat less when dining out and drink fewer sugary beverages. To achieve these goals, efforts must come from the government (taxation of sugary beverages), the industry (portion size serving in restaurant and calories shown on the menu) and individuals (moderation in eating). Without changing the food environment, people don't stand a chance of following the advice in the dietary guidelines. Americans; Today, healthy eating is like swimming upstream. It's not that you can't do it, it's just it's so hard

**Comment ID:** 001022

**Submission Date:** 06/17/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:** veterinarian

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity

**Sub Topic:**

**Attachment:** N

**Comment:** A large percentage of Americans are overweight because of dietary and physical activity (or lack thereof) choices. Modifying the dietary guidelines and requirements for various food products is not the answer. People must learn to make wise food choices. People need to be accountable for their actions; they need to understand that the choices they make with regard to food and exercise are reflected in their weight and overall health. They need to choose what to eat and how much to exercise accordingly, in order to maintain a healthy weight. This is not a place for government intervention, but an opportunity to teach the general public the results of current choices and the benefits of making better choices. Regardless of the modifications made, people with obese tendencies will continue to make poor choices with regard to diet and exercise. In order to change that, we need to change the way these people think, not the options available at the grocery store.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001313

**Submission Date:** 06/30/2010

**Organization Type:** Individual/Professional

**Organization Name:** A-Town Dre Communications

**First Name:** Johnny

**Last Name:** Ponder

**Job Title:** CEO

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity

**Sub Topic:**

**Attachment:** Y

**Comment:** Dear Dietary Guidelines Advisory Committee,

For your consideration, I have composed and arranged a song which serves the purpose of a Public Service Announcement (PSA) entitled "Let's Get Healthy" based on the Dietary Guidelines for Americans, Physical Activity Guidelines for Americans and the Surgeon Generals vision for a Healthy and Fit America. The song offers the Let's Move initiative and the US Department of Health and Human Services a powerful tool to communicate important information based on federal guidelines for a healthy and fit America. Designed to appeal to Americans of all backgrounds, the PSA entertains, motivates, and educates listeners to adopt a healthier lifestyle as advocated by the US Department of Health and Human Services and the Let's Move initiative.

While I recognize that such submissions are often not reviewed by you, I am hopeful that you will take a brief moment to review the material. If you do, I trust you will share my vision that it is a production that will capture the imagination of millions of Americans as they create a lifestyle that will benefit their families for years to come. However, we need the support of individuals like you to pursue broadcasting opportunities for the project in connection with "Cheddar Man" a multicultural character design to provide leadership for children and a healthier America by initiating, coordinating and supporting disease prevention and health promotion activities, programs and information for the Department of Health and Human Services through collaboration with HHS agencies and other partners in prevention.

I am unfamiliar with the policies of submitting such material to the HHS. Perhaps, if you could direct my attention to the appropriate party, we could discuss how the White House and federal agencies could support and adopt this project for the Let's Move initiative.

I look forward to hearing from you

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

**Comment ID:** 001344

**Submission Date:** 07/02/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Cathy

**Last Name:** Cohen

**Job Title:** Nutritionist

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity, Fats, Food Groups, Nutrient Density/Discretionary Calc, Other

**Sub Topic:** Fruits, Meat, Beans, Eggs, Fish, and Nuts, Oils, Unsaturated fatty acids, Vegetables, Weight loss, Weight maintenance

**Attachment:** N

**Comment:** Research is emerging that a Mediterranean eating style may be the most healthful and protective from disease. Guidelines should emphasize the importance of whole foods, plant foods, and consumption of healthy fats and oils (olive oil, canola oil, nuts and seeds, avocados, fatty fish), de-emphasizing the erroneous notion that fat is unhealthy and is to be avoided. Fat intake at even 40% of caloric intake may be very healthful for those who are able to maintain a healthy weight by keeping total calorie intake within age and weight-appropriate target range . At the same time, guidelines should emphasize the potential detrimental health effects of refined grain products which should be included in the discussion of added sugars. Guidelines for daily consumption of vegetables and fruits should be increased so as to replace other foods that are less nutrient-dense and more calorie-dense to aid in weight management. Physical activity guidelines should include simple ways to accumulate shorter bouts of activity during the day as an alternative to (or in addition to) one 30 or 60-minute session, since the idea is get people moving more frequently overall, outside of scheduled formal exercise. Lastly, ways to actually get people to read the Dietary Guidelines and adhere to them should be explored - which of course may entail changes on the industry and policy levels.



# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

**Comment ID:** 001042

**Submission Date:** 06/17/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Genie

**Last Name:** Killoran

**Job Title:** Health/Nutrition Writer

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity, Fluid and Electrolytes

**Sub Topic:** Sodium, Weight loss, Weight maintenance

**Attachment:** N

**Comment:** I heartily support the new 2010 dietary guidelines, particularly the new sodium guidelines of 1,500 mg a day, the new lowering of saturated fat intake to 7% of calories a day, the call to action for a lower-calorie-dense diet to fight our nation's obesity epidemic, and the emphasis on a plant-based diet emphasizing real food (rather than processed food) such as fresh fruits, fresh vegetables, whole grains, beans, fat-free dairy, and seafood. These are the same recommendations that I and thousands more have been following on the Pritikin Program. Pritikin's health benefits, documented in 115+ studies in peer-reviewed journals over the last 30 years, are EXACTLY what our country so desperately needs. Do NOT allow the food industry to water your 2010 dietary recommendations down. They are superb!

**Comment ID:** 001003

**Submission Date:** 06/16/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Joy

**Last Name:** Rohde

**Job Title:**

**Key Topic:** Eating Patterns, Fats

**Sub Topic:** Saturated fatty acids

**Attachment:** N

**Comment:** I am happy to see that there is a call to eat more vegetables, fruits and whole grains, however, am I quite disappointed that there is no recommendation to reduce some of the other food groups that may be less healthy. Nowhere is it explicitly stated that the saturated fats that should be reduced come exclusively from meat and dairy products, and that these calorie dense foods are connected to the obesity crisis.

The study talks about reducing fast food intake, solid fat foods, and saturated fats and oils, but does not name the culprit behind the negative health implications - calories from animal products.

While eating animal products in moderation can provide significant nutritional benefit, the portion size and frequency of the consumption of these products has greatly skewed

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

upwards over the last 50 years, and is certainly not paralleled in most other countries.

I don't understand how a recommendation for increased grains, fruit, and vegetable consumption within a balanced diet, based on health studies showing positive effects wouldn't also talk about the foods that were replaced by those healthy foods. While the report damns sugars and oils, all the meat research is wishy washy and inconclusive, even though its a well known fact that increased meat consumption is tied to obesity, heart disease, cholesterol, impaired renal function and other problems.

**Comment ID:** 001668

**Submission Date:** 07/12/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** jan

**Last Name:** nunes

**Job Title:** retired

**Key Topic:** Eating Patterns, Fats, Other

**Sub Topic:**

**Attachment:** N

**Comment:** I am disappointed that the 2010 report does not properly emphasize the important health information which has been proved by Dr. Dean Ornish, Neal Barnard and John McDougall about the role that animal products play in the vast majority of chronic diseases that afflict Americans today. Both sides of this issues should be adequately presented so that the consumer can make up their own mind about this very important matter instead of stating that consumers should "increase intake of fat-free and low-fat milk and milk products and consume only moderate amounts of lean meats, poultry and eggs" which is to continue eating the animal foods that have caused our current health crisis. Thank you for your consideration of this very important preventive measure which would improve the health of the citizens of this country. The truth about what we eat is more important than ever. Sincerely, Jan Nunes

**Comment ID:** 001244

**Submission Date:** 06/26/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Srilata

**Last Name:** Thirunagari

**Job Title:** Engineer

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:**

**Attachment:** N

**Comment:** Dear Sir/Madam,

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

It is well known that meat, especially factory farming is detrimental to health. Eating fruits, grains and vegetables is beneficial to one's health. Not only is eating meat and farming animals bad for the health, it also adversely affects the environment. The methane released by the animals is 73 times more warming than carbondioxide released by vehicles. There is recent evidence that factory farming causes 51% of global warming and that the UN report Livestock's Long Shadow of 2006 may be an underestimate.

Also, there are ethical issues of raising animals and murdering them for one's appetite. To practice compassion is the noblest path. I recommend that the dietary guidelines for Americans be revised to eliminate meat. Meat is filled with toxins and our bodies are not designed to eat it. Our mouth, hands and digestive system, all point to us as being plant eaters. We do not have claws or sharp teeth as the forest carnivores do. By eating meat, we are stressing our systems and the toxins from the meat remain in our systems and do not get flushed out, turning into nasty cancers, and other diseases.

Also, milk drinking is detrimental to health with many people suffering from lactose intolerance and it also causes listeriosis and other diseases. The dairy cow is also the most abused animal suffering from birth till death. Please use your good judgment and scientific data that points to a plant based diet as the best one for humankind.

**Comment ID:** 002114

**Submission Date:** 07/15/2010

**Organization Type:** Individual/Professional

**Organization Name:**

**First Name:** Ed

**Last Name:** Lynch

**Job Title:**

**Key Topic:** Eating Patterns, Other

**Sub Topic:**

**Attachment:** Y

**Comment:** DGFA must be understandable by the public in a way that creates better health in the future or it is worthless to the citizens of this country.

**Comment ID:** 002048

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** Grocery Manufacturers Association

**First Name:** Jeffrey

**Last Name:** Barach

**Job Title:** Vice President, Science Policy, New Technologies

**Key Topic:** Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fats, Fluid and Electrolytes, Nutrient Density/Discretionary Calc

**Sub Topic:** Added sugars, Saturated fatty acids

**Attachment:** Y

**Comment:** The Grocery Manufacturers Association (GMA) represents the world's leading food, beverage and consumer products companies. The Association promotes sound public

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

policy, champions initiatives that increase productivity and growth and helps ensure the safety and security of consumer packaged goods through scientific excellence. The GMA board of directors is comprised of chief executive officers from the Association's member companies. The \$2.1 trillion food, beverage and consumer packaged goods industry employs 14 million workers, and contributes over \$1 trillion in added value to the nation's economy.

GMA congratulates the 2010 Dietary Guidelines Advisory Committee (DGAC) on their achievement. We thank the staff of Office of Disease Prevention and Health Promotion and Center for Nutrition Policy and Promotion for this opportunity to provide comments on how we believe the 2010 DGAC report should be used to build a strong and effective 2010 Dietary Guidelines for Americans.

**Comment ID:** 001999

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** American Meat Institute

**First Name:** Betsy

**Last Name:** Booren

**Job Title:** Director, Scientific Affairs

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fluid and Electrolytes, Food Groups, Food Safety, Minerals, Nutrient Density/Discretionary Calc, Other, Protein, Vitamins

**Sub Topic:** B Vitamins, Folate, Iron, Meat, Beans, Eggs, Fish, and Nuts, Other, Potassium, Sodium, Vitamin A and Carotenoids, Weight loss, Weight maintenance, Zinc

**Attachment:** Y

**Comment:** See attached document for AMI comments.

**Comment ID:** 002106

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** Soyfoods Association of North America

**First Name:** Nancy

**Last Name:** Chapman

**Job Title:** Executive Director

**Key Topic:** Eating Patterns, Evidence-based Review Process, Fats, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein, Vitamins

**Sub Topic:**

**Attachment:** Y

**Comment:** The Soyfoods Association of North America suggests that in translating the Scientific Report from the Dietary Guidelines Advisory Committee into policy and consumer documents, that DHHS and USDA consider the following suggestions:

1. Distinguish soy products/soyfoods separately from ?cooked dry beans and peas and seeds/nuts.?

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

2. Recognize that soy protein is comparable to animal protein in protein quality, based on the widely recognized methodology, Protein Digestibility Corrected Amino Acid Score (PDCAAS).
3. Highlight the nutritional adequacy and high-quality protein value of soyfoods.
4. Support further research on the health benefits of plant-based diets and soyfoods in relation to heart disease, weight management and diabetes prevention.
5. Create a consumer brochure that balances simple text with menu tables, graphics and other visuals which captivates, motivates and displays to consumers how to incorporate more plant-based foods into their daily diets.

**Comment ID:** 002108

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** National Pork Producer Council

**First Name:** Sam

**Last Name:** Carney

**Job Title:** President

**Key Topic:** Eating Patterns, Evidence-based Review Process, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein, Vitamins

**Sub Topic:** B Vitamins, Meat, Beans, Eggs, Fish, and Nuts, Potassium

**Attachment:** Y

**Comment:** Although it agrees with the Dietary Guidelines Advisory Committee that obesity is the No. 1 public health concern and that Americans need to eat more fruits and vegetables, the National Pork Producers Council is concerned with the committee's recommendation that Americans consume only "moderate" amounts of lean meat.

The problem with the American diet is not over-consumption of lean meat, which provides key nutrients not available from plant-based proteins and which studies show can aid in weight loss, it is over-consumption of empty calories ? foods filled with added sugars and solid fats that provide little nutritional value.

Lean meat is a nutrient-rich source of lean protein with unique attributes not offered by plant proteins, and extensive peer-reviewed research supports a clear role for protein in the form of lean meat as a key part of the solution to the obesity epidemic.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001828

**Submission Date:** 07/13/2010

**Organization Type:** Industry Association

**Organization Name:** Tomato Products Wellness Council

**First Name:** Rodger

**Last Name:** Wasson

**Job Title:** Executive Director

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** Vegetables

**Attachment:** Y

**Comment:** The Tomato Products Wellness Council, an organization of tomato growers, tomato processors and well-known tomato brands working to create awareness of the health benefits of tomato products by providing industry-wide leadership, communications and scientific research, applauds the efforts of the Dietary Guidelines Advisory Committee on their June 15, 2010 report on the Dietary Guidelines 2010. The recommendations in the report will no doubt be helpful in educating the public regarding a health-promoting diet that will help reduce obesity and chronic disease rates in our country. We particularly respect the focus of the DGAC on the total diet and dietary patterns. Also, we are pleased to see that the Committee has favorably considered our previous recommendation to identify the importance of ?red? vegetables rather than the previous reference to ?orange-yellow?. (see attachment)

**Comment ID:** 002071

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** National Milk Producers Federation

**First Name:** Beth

**Last Name:** Briczinski

**Job Title:** Director, Dairy Foods & Nutrition

**Key Topic:** Eating Patterns, Food Groups, Nutrient Density/Discretionary Calc

**Sub Topic:**

**Attachment:** Y

**Comment:** Please see the attached document.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 002132

**Submission Date:** 07/15/2010

**Organization Type:** Industry Association

**Organization Name:** Juice Products Association (JPA)

**First Name:** Sarah

**Last Name:** Wally

**Job Title:** Manager, Nutrition Communications

**Key Topic:** Eating Patterns, Food Groups, Vitamins

**Sub Topic:** Fruits

**Attachment:** Y

**Comment:** On behalf of the Juice Products Association (JPA), please find our comments attached.

**Comment ID:** 002093

**Submission Date:** 07/15/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Center for Science in the Public Interest

**First Name:** Margo

**Last Name:** Wootan

**Job Title:** Director, Nutrition Policy

**Key Topic:** Alcoholic Beverages, Carbohydrates, Eating Patterns, Fats, Food Groups, Food Safety, Nutrient Density/Discretionary Calc, Other

**Sub Topic:** Added sugars, Cholesterol, Fish oil, Omega 3 fatty acids, Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts, Milk, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids, Vegetables, Whole grains

**Attachment:** Y

**Comment:** The Center for Science in the Public Interest applauds the Dietary Guidelines Advisory Committee (DGAC) for its careful review of the science and generally wise conclusions. Overall, we support the report and urge HHS and USDA to translate the scientific recommendations into 1) policy and environmental changes and 2) a revised understandable and actionable Dietary Guidelines for Americans (DGA) to help people eat more healthfully. In our comments, we focus primarily on maximizing the usefulness of the DGA, and we highlight several concerns about the advisory committee's conclusions.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 002041

**Submission Date:** 07/15/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** American Heart Association

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Fats, Fluid and Electrolytes, Nutrient Density/Discretionary Calc, Protein

**Sub Topic:** Added sugars, Cholesterol, Fiber, Fish oil, Omega 3 fatty acids, Oils, Unsaturated fatty acids, Saturated fatty acids, Sodium, Trans fatty acids, Whole grains

**Attachment:** Y

**Comment:** Please see attached document

**Comment ID:** 002020

**Submission Date:** 07/15/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Family, Career and Community Leaders of America

**First Name:** Michael

**Last Name:** Benjamin

**Job Title:** Executive Director

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** Since a major role of Family, Career & Community Leaders of America (FCCLA) middle/high school student members & Family & Consumer Sciences teachers (advisers) is to educate youth/families on Food Production/Services; Food Science, Dietetics, & Nutrition; & Nutrition/Wellness in schools, homes, & communities, it is incumbent upon on us to comment on the 2010 DGAC Report. FCCLA is a nonprofit, national career & technical student organization endorsed by the USDE & AAFCS with over 200,000 middle & high school members advised by more than 6,500 Family & Consumer Sciences (FACS) teachers/advisers in 52 state associations across the US. We do agree with the Committee Report that sustainable change is needed including to ?Increase comprehensive health, nutrition, and physical education programs and curricula in US schools and preschools, including food preparation, food safety, cooking?? As the only in-school student organization with the ?family? as its central focus, FCCLA offers a unique venue to involve families in healthy lifestyle education. Since 1979 FCCLA has had a peer education program called Student Body with the goals to help youth make informed, responsible decisions about their health; providing youth opportunities to teach others; & developing healthy lifestyles. National recognition is given on an annual basis to chapters that complete projects. FCCLA also has a competitive event focused on nutrition/wellness. It is our position that society must sustain nutrition instruction in schools in order to overcome the youth obesity epidemic. Moreover, FCCLA initiatives demonstrate the value of peer-to-peer impact & how youth can have a positive effect on other young people & their health. Finally, it will take all stakeholders?youth, teachers, principals, school boards, parents, university teacher educators, federal departments--working together to support strong FACS nutrition/wellness instruction & programs in order to have sustainable change.



# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 002021

**Submission Date:** 07/15/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Farm Sanctuary

**First Name:** Alison

**Last Name:** Longley

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** Y

**Comment:** Please see attached document for comments.

**Comment ID:** 001995

**Submission Date:** 07/15/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** WomenHeart: The National Coalition for Women with Heart Disease

**First Name:** Lisa

**Last Name:** Tate

**Job Title:** Chief Executive Officer

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** Y

**Comment:** As the leading voice for the 42 million American women living with or at risk of heart disease, WomenHeart: the National Coalition for Women with Heart Disease, advocates for equal access to quality care and provides information and resources to help women take charge of their heart health. A critical step in the process of taking charge of your heart health is to learn about nutrition and to adopt a diet that helps maintain weight and cholesterol levels within normal limits.

Heart disease is the leading cause of death of American women, killing more than a third of them . The relative risk for cardiovascular disease increases by 20% in women who are overweight and by 64% in women who are obese. 2 Furthermore, the increasing prevalence of obesity is driving an increased incidence of type 2 diabetes, 3 and women with diabetes are 2.5 times more likely to have heart attacks4, . Given that 61% of the women in the U.S (68.6 million) are overweight and obese 5, urgent action is needed.

WomenHeart supports the dietary recommendations for coronary disease that are included in the Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010. We stand ready through our education and support efforts and with the help of the WomenHeart Governing Board, Scientific Advisory Council, staff and network of WomenHeart Champions to help women adopt the nutrition and physical activity guidelines outlined in this report.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001918

**Submission Date:** 07/14/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Healthy Kids Challenge

**First Name:** Vickie

**Last Name:** James

**Job Title:** Director

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** Y

**Comment:** A total diet concept?all foods fit with a variety of food groups, less added fat and sugar, and balance with physical activity. Emphasis on simple, easy to understand, positive messages to diverse populations such that the guidelines have meaning and value to their daily life.

**Comment ID:** 001289

**Submission Date:** 06/29/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Physicians Committee for Responsible Medicine

**First Name:** Neal

**Last Name:** Barnard

**Job Title:** Founder and President

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** Y

**Comment:** As a physician who promotes optimal nutrition for disease prevention, I would like to commend the DGAC for their advice to shift to a more plant-based diet. My comments also highlight some areas of concern including misstatements and unsupported recommendations.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001433

**Submission Date:** 07/08/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Community Health Centers

**First Name:** Andrea

**Last Name:** Jenkins

**Job Title:** RD/CDE

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** "I heartily support the new 2010 dietary guidelines, particularly the new sodium guidelines of 1,500 mg a day, the new lowering of saturated fat intake to 7% of calories a day, the call to action for a lower-calorie-dense diet to fight our nation's obesity epidemic, and the emphasis on a plant-based diet emphasizing real food (rather than processed food) such as fresh fruits, fresh vegetables, whole grains, beans, fat-free dairy, and seafood. These are similar to the recommendations that I and thousands more have been following on the Pritikin Program. Pritikin's health benefits, documented in 115+ studies in peer-reviewed journals over the last 30 years, are EXACTLY what our country so desperately needs. Do NOT allow the food industry to water your 2010 guidelines down."

**Comment ID:** 001540

**Submission Date:** 07/09/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Vegetarian Union of North America / International Vegetarian Union

**First Name:** Saurabh

**Last Name:** Dalal

**Job Title:** VUNA President / IVU Deputy Chair

**Key Topic:** Eating Patterns

**Sub Topic:** Fruits, Grains, Whole grains, Meat, Beans, Eggs, Fish, and Nuts

**Attachment:** Y

**Comment:** Since many families refrain from consuming animal products for reasons that include ethics, religion, health, ecology, global hunger and/or global resource concerns, it is essential that the Dietary Guidelines accommodate and support the range of diets followed by people throughout the country. The science and many studies have shown, with many experts agreeing, that vegan foods are health-promoting. Numerous organizations like The American Medical Association and American Public Health Association already support efforts to provide vegetables, fruits, legumes, grains, vegetarian foods, and healthful non-dairy beverages in federally funded programs. The American Dietetic Association and Dietitians of Canada clearly stated their position that appropriately planned vegetarian diets are healthful, nutritionally adequate, and provide health benefits in the prevention, treatment, and even reversal of certain diseases.

I urge the Advisory Committee as enormously influential health-enablers to emphasize healthful vegetarian, and specifically vegan, foods including vegetables, legumes, whole

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

fruits, whole grains, and nutritious non-dairy beverages in the Dietary Guidelines for Americans 2010.

It is our obligation and responsibility to ensure that we are doing our utmost to guide and make the lives of our citizens far better while also recognizing and improving the way we impact the world. For meaningful change to be seen when the 2015 DGAC convenes, we need to make these changes in the final review now.

Sincerely,  
Saurabh F. Dalal  
President, Vegetarian Union of North America  
Deputy Chair, International Vegetarian Union

**Comment ID:** 001044

**Submission Date:** 06/17/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** The Wellness Foundation, Inc.

**First Name:** Andrew

**Last Name:** Chung, MD/PhD

**Job Title:** Cardiologist

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** Y

**Comment:** We are teaching and will continue to teach at <http://EmoryIMVC.org/> that the composition of the food pyramid really does not matter because people will continue to eat what they enjoy eating and cannot change their likes/dislikes. What really matters is that the food pyramid be the right size, which we have empirically determined back in 1997 at Emory University to be simply 32 oz per day.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001243

**Submission Date:** 06/26/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:**

**First Name:** Jenn

**Last Name:** A

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** I would like to see food guidelines that TRULY promote health, not guidelines that are sugarcoated and/or influenced by the dairy, meat, or sugar industry. For example, meats and dairy products raised with hormones and antibiotics are not good for us. And in general, meat and dairy are not very healthy food choices. I am not a vegetarian, but it is well known that a whole foods, plant based diet is probably the healthiest diet we could adopt, and we could all benefit from eating more plant based meals. I would like to see recommendations reflecting such.

**Comment ID:** 002186

**Submission Date:** 07/30/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Family, Career & Community Leaders of America, Inc.

**First Name:** Rhonda

**Last Name:** Ashburn

**Job Title:** Director of Fundraising and Financial Development

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity

**Sub Topic:** MyPyramid

**Attachment:** Y

**Comment:** This comment was submitted on 7/15/10 at 1:30 PM EDT but due to technical difficulties, it could not be uploaded.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 002150

**Submission Date:** 07/15/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** EarthSave Miami

**First Name:** Jeffrey

**Last Name:** Tucker

**Job Title:** Chair

**Key Topic:** Eating Patterns, Evidence-based Review Process, Fats, Food Safety, Nutrient Density/Discretionary Calc

**Sub Topic:**

**Attachment:** N

**Comment:** Please give a consistent message:

On animal foods and disease

On dietary fat and obesity

On dairy products and health

On saturated and trans fats

Please include information which was omitted:

Lactose Intolerance Ignored

Damage from Animal Protein Ignored

Major Sources of Infections Ignored

Please correct these FACTUAL ERRORS:

Plants Are Incomplete Proteins

Plant-Based Diets Are Nutritionally Inadequate

Dairy Products and the Risk of Malnutrition

Eggs Are Safe for the General Public

Fish Is Health Food, Especially during Pregnancy

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001419

**Submission Date:** 07/08/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Oldways

**First Name:** Sara

**Last Name:** Baer-Sinnott

**Job Title:** President

**Key Topic:** Eating Patterns, Fats

**Sub Topic:**

**Attachment:** Y

**Comment:** See attachment for comments

**Comment ID:** 002027

**Submission Date:** 07/15/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** Association of State & Territorial Public Health Nutrition Directors

**First Name:** Joan

**Last Name:** Atkinson

**Job Title:** Director of Special Projects

**Key Topic:** Eating Patterns, Fluid and Electrolytes, Other

**Sub Topic:** Water

**Attachment:** Y

**Comment:** The Association of State & Territorial Public Health Nutrition Directors (ASTPHND) respectfully submits the following comments to strengthen the report:

? The HHS/USDA guidance materials developed to translate the committee?s recommendations into action should provide clear, compelling advice. We suggest that the guidance include references to actual foods rather than nutrients whenever possible. For example, food recommendations should go beyond ?limit added sugar? and list those foods most likely to add to the overconsumption of sugar.

? We commend the committee on formulating strong, science-based guidelines, especially in reference to sugar sweetened beverages, sodium, saturated fat, and whole grains. We strongly agree with recommendations that Americans move towards a more plant-based diet that emphasizes vegetables, cooked dry beans and peas, fruits, whole grains, nuts and seeds.

? It is crucial that the schools and institutions serving children and vulnerable populations adhere to the US Dietary Guidelines. To this aim, more emphasis should be given to the policy and environmental changes needed for childhood obesity prevention in the Advisory Report in Part B, Section 3 ?An Urgent Need to Focus on Children.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

? We also encourage the committee to review the folic acid recommendations and consider strengthening the language in regards to the role of supplements for women of childbearing age in reducing the risk of neural tube defects.

? Children should have ready access to safe water in all schools and child care settings. Water should also be easily accessible in parks and recreations centers. These are critical steps towards reducing consumption of SSBs. Add this element to the children?s section of Part B, Section 3: Translating and Integrating the Evidence: A Call to Action.

?? Cultural diversity and the associated eating and physical activity practices go hand in hand with lifespan approaches in the Dietary Guidelines.

**Comment ID:** 001033

**Submission Date:** 06/17/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** ACTION Health

**First Name:** Donna

**Last Name:** Fritz

**Job Title:** Outreach Assistant -- Registered Dental Hygienist

**Key Topic:** Eating Patterns, Food Groups

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** I would like to share my concerns about the clip I saw on Good Morning America in reference to the 2010 New Food Guideline Pyramid. ACTION Health has been in the public schools teaching the My Pyramid program by the USDA recommendation and so many children have benefited by the triangles and exercise. Very teachable material. If the pyramid I saw on GMA was accurate for what is coming out this year, it will be very difficult to teach our children the importance of all the food groups. Breaking them down into categories gives them more understanding. Plants and everything else is not a teaching tool, it leaves too much speculation as to what everything else is. Children need specifics...Thank you



# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001761

**Submission Date:** 07/13/2010

**Organization Type:** Nonprofit/Voluntary

**Organization Name:** The Vegetarian Resource Group

**First Name:** Reed

**Last Name:** Mangels, PhD, RD, LDN, FADA

**Job Title:** Nutrition Advisor

**Key Topic:** Eating Patterns, Minerals, Protein

**Sub Topic:** Calcium, MyPyramid

**Attachment:** Y

**Comment:** We commend the DGAC for their emphasis on plant-based diets and for the much more extensive discussion of vegetarian diets compared to previous reports. Our comments reflect some areas that we are concerned about including the emphasis on combining proteins, information on plant sources of calcium and on fracture risk with vegan diets, the need for more specific information on foods to avoid/limit, and the food group plan.

**Comment ID:** 001638

**Submission Date:** 07/12/2010

**Organization Type:** Other

**Organization Name:** General Mills Inc.

**First Name:** Kathryn

**Last Name:** Wiemer

**Job Title:** Fellow/Director, General Mills Bell Institute of Health & Nutrition

**Key Topic:** Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fats, Fluid and Electrolytes, Food Groups, Nutrient Density/Discretionary Calc

**Sub Topic:** Added sugars, Fiber, Fish oil, Omega 3 fatty acids, Grains, Whole grains, Saturated fatty acids, Sodium, Trans fatty acids, Whole grains

**Attachment:** Y

**Comment:** Please see attached letter outlining General Mills' comments on the 2010 Dietary Guidelines Advisory Committee's Technical Report. We appreciate the work of the DGAC Committee during the development process. Please contact me with any questions regarding our comments. Kathy Wiemer

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 002075

**Submission Date:** 07/15/2010

**Organization Type:** Other

**Organization Name:** Kellogg Company

**First Name:** Nelson

**Last Name:** Almeida, PhD, FACN

**Job Title:** Vice President, U.S./Global Nutrition Science, Labeling and Marketing

**Key Topic:** Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Food Groups, Nutrient Density/Discretionary Calc

**Sub Topic:** Fiber, Grains, Whole grains, Whole grains

**Attachment:** Y

**Comment:** Attached are comments on the Final Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010.

**Comment ID:** 002044

**Submission Date:** 07/15/2010

**Organization Type:** Other

**Organization Name:** Campbell Soup Company

**First Name:** Chor-San

**Last Name:** Khoo

**Job Title:** PhD, Senior Research Fellow, Scientific Affairs

**Key Topic:** Eating Patterns

**Sub Topic:** DASH, Grains, Whole grains, Vegetables

**Attachment:** Y

**Comment:** Campbell Soup Company would like to provide special emphasis to three critical recommendations of the Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans 2010. These points are consistent with healthy dietary patterns, such as those in the DASH Diet and Mediterranean diets, which encourage higher intakes of plant-based foods such as vegetables, fruit, and whole grains and lower intake of sodium, among other dietary factors.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001842

**Submission Date:** 07/13/2010

**Organization Type:** Other

**Organization Name:** Aha Moments - Intuitive Idea Dev., LLC

**First Name:** Patryce A.

**Last Name:** Smith MA

**Job Title:** Owner/Educator

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** The ideas put forth in the "new" dietary guidelines need help from real dietitians and those that know nutrition facts. To say use dairy is a out & out falsehood for health. What happened to eating greens for calcium? Eating raw foods not all of the cooked foods & processed foods that are laden with chemicals. Get serious about our health and really give good guidelines for people to follow, not the ones that keep making all of the corporations, medical personnel, & pharmaceuticals rich from Americans' health major problems.

**Comment ID:** 001671

**Submission Date:** 07/12/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Leslie

**Last Name:** Goldberg

**Job Title:** Writer

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** My whole family is sick! Cancer, heart disease, arthritis, Type II diabetes and they are all overweight, despite exercise. They eat a typical American diet: meat, cheese, eggs, processed foods. They don't understand they could do a lot better on a whole foods, low-fat, plant-based diet. I've tried to tell them, but the messages they get from TV commercials are too strong. Thank you for recommending "moderate amounts" of some of these foods, but I need a more forceful message from you in order to get through to them. In order to help save their lives.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001881

**Submission Date:** 07/14/2010

**Organization Type:** Other

**Organization Name:** Guiding Stars Licensing Company

**First Name:** Betts

**Last Name:** FitzGerald

**Job Title:** Managing Director

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** Y

**Comment:** Guiding Stars Nutrition Guidance Program as a Tool for Making Healthier Food Choices

Guiding Stars®, the world's first storewide nutrition guidance program, supports and commends the U.S. Department of Agriculture and Department of Health and Human Services on their joint release of the 2010 Dietary Guidelines and will align its nutrition guidance program accordingly.

At Guiding Stars, we believe that the Dietary Guidelines can play an integral part in helping Americans eat healthier and are encouraged by the changes that will help "make every choice available to Americans a healthy choice" through nutrition education and reinforcing the benefits of regular exercise. The purpose of Guiding Stars is to provide a tool to help Americans make the choices they need to achieve a more nutritious diet by showcasing the better-for-you foods within each category.

With Guiding Stars, consumers are offered a simple, at-a-glance tool that allows them to quickly identify and choose foods that offer the most nutrition for the calories. Guiding Stars evaluates the overall nutrient profile of food items utilizing an evidence-based algorithm that is grounded in the most current science and aligned with the Dietary Guidelines. Additionally, it follows the recommendations of leading national and international health organizations, such as the US Food and Drug Administration, the National Academy of Sciences, and the World Health Organization. A resulting score determines whether the item receives zero-to-three stars based on its nutritional value. The greater nutritional value a food has, the more Guiding Stars it receives.

Thank you for the opportunity to provide commentary on the 2010 Dietary Guidelines. If you would like to learn more about Guiding Stars, please contact Betts FitzGerald, Managing Director of Guiding Stars Licensing Company at 207-885-7251 or [bfitzgerald@guidingstars.com](mailto:bfitzgerald@guidingstars.com) and visit [www.guidingstars.com](http://www.guidingstars.com).

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 002153

**Submission Date:** 07/15/2010

**Organization Type:** Other

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Hello,

I commend the Committee for mentioning and almost recommending a plant-based diet, or at least recommending increased consumption of plant-based food, as well as a reduction of sugars and sodium. However, I am shocked to see so many inconsistencies in the report regarding dairy and meat products in relation to disease. There are parts of the report that recommend reduced intakes, but the real risks of eating dairy and meat products are left out. I am further disappointed that there are several instances where the report warns against deficiencies in a vegetarian or vegan diet. Decades of scientific, peer-reviewed research (by renown scientists such as Dr. McDougall, Dr. Esselstyn, and Dr. Campbell) clearly shows that a whole foods, plant-based diet is the most healthy approach - these diets are complete in vitamins, minerals, protein etc. and they not only prevent diseases, but can actually reverse them in those with medical conditions.

Given this country's health care and economic crisis, I feel it is even more crucial to provide the public with all the facts, not to omit essential components about the advantages of plant-based diets, and to give clear advice on following a more plant-based approach. While this does require some changes in a person's lifestyle, it can save their lives and save this country millions of dollars in health care costs.

I would ask that you please review the mentioned body of research and provide the public with all the facts.

Thank you for your consideration.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

**Comment ID:** 002146

**Submission Date:** 07/15/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Beth

**Last Name:** Cowart

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Please revise the proposed 2010 USDA dietary guidelines to stress the importance of traditional fats and foods. The low-fat mantra is making us fat & sick. Look at what made pre-industrialized populations robust & resistant to disease, before the age of commercial food based on devitalized grains & sugars, & you find something entirely different than the USDA guidelines. Do not demonize saturated fat by lumping it with dangerous trans fats and calling them both "solid fats". Saturated fat & cholesterol from properly raised animals are vital nutrients. As seen in the landmark work of Weston A. Price (see Nutrition & Physical Degeneration & WestonAPrice.org), pre-industrialized peoples were virtually free of disease, long lived, with great immune systems, highly intelligent, happy. They ate real food including grass-fed meats & eggs, raw dairy, wild fish & seafood, cooked & raw vegetables, fermented foods rich in enzymes & probiotics, & soaked grains & nuts, all organic & free of chemicals. The latest science about fats proves that modern manufactured vegetable oils are extremely harmful. These bads fats, along with refined sugars, unfermented grains, chemicals & nutrient depletion, are the real factors of heart disease, cancer & diabetes. Children require, for proper brain development, good saturated fats & fat soluble vitamins found only in properly raised animal products. These are sorely deficient in the current guidelines, contributing to epidemics of childhood ADD, ADHD, diabetes & obesity. Please start over on the guidelines. Enlist knowledgeable nutritionists & scientists NOT tied to industrial food, who are well-versed in what makes us healthy & productive, who can apply evidence-based modern science with time-tested wisdom. You would be giving our citizens a powerful hedge against disease & the high costs of modern health care. Good nutrition is the best health care, after all. Our country depends on it. This is not hyperbole, it is critical.

**Comment ID:** 001635

**Submission Date:** 07/12/2010

**Organization Type:** Other

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** If the goal is for the dietary guidelines to be taken seriously by individual Americans, then the guidelines should be straight-forward, easy to understand, and easy to apply.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

Provide a clear summary of all recommendations in a format that's easy to use. Give meaningful advice: instead of focusing on nutrient recommendations, focus on food recommendations. Straight-forward statements like "eat fewer doughnuts" will be far more meaningful to the general public than saying "reduce intake of sugar." People don't purchase nutrients, they purchase food (or food products). Don't fear offending industry - dietary guidelines should have nothing to do with industry concerns.

Additionally, please consider the overwhelming evidence in support of the benefits of family farms vs large-scale operations/CAFOs (benefits not only to the health of the individual consuming pastured foods, but to local economies, and the environment) and make clear recommendations for organic foods.

**Comment ID:** 001356

**Submission Date:** 07/05/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Susan

**Last Name:** Ma

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Thank you very much for these excellent information regarding the balanced plant based diet. My health has significant improvement through shifting to vegan diet. Many friends have similar experience as well.

This is going to help the Americans tremendously.

Thank you very much!

**Comment ID:** 001366

**Submission Date:** 07/06/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Peggy

**Last Name:** Sheffield

**Job Title:** Retired

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** N

**Comment:** My husband and I have eliminated all animal products from our diet for the last two years. We use grape seed oil, canola oil olive oil and peanut oil sparingly or not at all. My

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

husband suffered a blockage in his heart and had double bypass surgery. By exercising and following the VEGAN DIET, he has lost 40 lbs and is not on any medication. He is 73 and 1/2 years old. So, the old adage that you are never too old to change and improve your life is true for him. Therefore, I believe that the guidelines that are approved by your agencies are inaccurate and a detriment to the public health and should be reexamined and corrected to change the health of this NATION

**Comment ID:** 001335

**Submission Date:** 07/01/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Rocco

**Last Name:** Yannotti

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** I have been eating a Vegan and Raw Foods diet for 17 years and have not been sick in the last 17 years (other than the onset of a cold or flu that my body successfully fought off before it could become a full fledged flu and cold). I believe completely that this is the result of my "clean" diet and eating foods that are not removed from their natural state (referring to raw, vegetable based foods mostly).

Since I stopped consuming dairy, eggs and meat (last 17 years) and substituted those items for vegetable sourced fats and proteins (raw nuts, raw avocados, whole grains) my body has shown the signs of a healthy body. Namely, clean skin, maintenance of weight, the lack of any dietary disturbances such as heartburn, constipation, the body producing foul smells and many other signs that point towards good health.

Thank You  
Rocco Yannotti



# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001341

**Submission Date:** 07/02/2010

**Organization Type:** Other

**Organization Name:** private person

**First Name:** Maurice

**Last Name:** McGuire

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** to whom reads this... I was diagnosed with primary progressive ms and within a month I had sever difficulty walking.... after much research... I changed my diet... and 6.5 years later I can walk normally again... and there is a noticeable difference.. so much so that it is oblivious to others around me... the diet.. low fat total vegetarian... I would ask that in the next report the truth is told... that a low fat total vegetarian is best by far ... and that intake of animal products will slowly kill you while making a number of industries wealthy.

**Comment ID:** 001029

**Submission Date:** 06/17/2010

**Organization Type:** Other

**Organization Name:** Private individual

**First Name:** Debbie

**Last Name:** Richmond

**Job Title:** Retired

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Thank you for providing me with the opportunity to comment on the new health guidelines. I am very pleased to hear that a vegetarian diet is being considered as a recommendation toward more healthful living. I have ceased consumption of meat and dairy, and my health has improved dramatically with a vegan diet. I highly recommend its promotion. Thank you.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 000975

**Submission Date:** 06/15/2010

**Organization Type:** Other

**Organization Name:** Lincoln County Health Department

**First Name:** Ellen

**Last Name:** Sullivan

**Job Title:** R.N.

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** The current pyramid and all other considerations have made it almost impossible to teach an individual what they should eat. There are not any clear guidelines. People who you speak with don't have a computer which makes it impossible to access the gov site of information. We need to go back to some basic guidelines, help people to help themselves. Many of those who need help the most are the disadvantaged and they do not have access to all of the technology needed now to find out what they should eat. Simplify it! Make it where you can give them a hand out and specify what they need not a web site to go to so they can figure it out for themselves.

**Comment ID:** 001059

**Submission Date:** 06/19/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Nicole

**Last Name:** Manning

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** Very few meats - once or twice up to 3 times a week, no processed food, NO high fructose corn syrup, 6-9 servings of vegetables and fruits a day- fresh. Dairy- 2-3 servings a day. Extremely low amounts of processed sugar, and no preservatives.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001262

**Submission Date:** 06/28/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Ling

**Last Name:** Gao

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** We need to promote and support people to switch to healthy vegan diet.

**Comment ID:** 001229

**Submission Date:** 06/25/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Robin

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** "I heartily support the new 2010 dietary guidelines, particularly the new sodium guidelines of 1,500 mg a day, the new lowering of saturated fat intake to 7% of calories a day, the call to action for a lower-calorie-dense diet to fight our nation's obesity epidemic, and the emphasis on a plant-based diet emphasizing real food (rather than processed food) such as fresh fruits, fresh vegetables, whole grains, beans, fat-free dairy, and seafood. These are similar to the recommendations that I and thousands more have been following on the Pritikin Program. Pritikin's health benefits, documented in 115+ studies in peer-reviewed journals over the last 30 years, are EXACTLY what our country so desperately needs. Do NOT allow the food industry to water your 2010 guidelines down."

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 001224

**Submission Date:** 06/25/2010

**Organization Type:** Other

**Organization Name:** Joseph K Obold, Esq

**First Name:** JOSEPH

**Last Name:** OBOLD

**Job Title:** ATTORNEY

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** I heartily support the new 2010 dietary guidelines, particularly the new sodium guidelines of 1,500 mg a day, the new lowering of saturated fat intake to 7% of calories a day, the call to action for a lower-calorie-dense diet to fight our nation's obesity epidemic, and the emphasis on a plant-based diet emphasizing real food (rather than processed food) such as fresh fruits, fresh vegetables, whole grains, beans, fat-free dairy, and seafood. These are similar to the recommendations that I and thousands more have been following on the Pritikin Program. Pritikin's health benefits, documented in 115+ studies in peer-reviewed journals over the last 30 years, are EXACTLY what our country so desperately needs. Do NOT allow the food industry to water your 2010 guidelines down.

**Comment ID:** 001191

**Submission Date:** 06/24/2010

**Organization Type:** Other

**Organization Name:** Private Citizen

**First Name:** Donald

**Last Name:** Valachi

**Job Title:** Retired

**Key Topic:** Eating Patterns

**Sub Topic:** MyPyramid

**Attachment:** N

**Comment:** I heartily support the new 2010 dietary guidelines, particularly the new sodium guidelines of 1,500 mg a day, the new lowering of saturated fat intake to 7% of calories a day, the call to action for a lower-calorie-dense diet to fight our nation's obesity epidemic, and the emphasis on a plant-based diet emphasizing real food (rather than processed food) such as fresh fruits, fresh vegetables, whole grains, beans, fat-free dairy, and seafood. These are similar to the recommendations that I and thousands more have been following on the Pritikin Program. Pritikin's health benefits, documented in 115+ studies in peer-reviewed journals over the last 30 years, are EXACTLY what our country so desperately needs. Do NOT allow the food industry to water your 2010 guidelines down."

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

**Comment ID:** 001138

**Submission Date:** 06/23/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Christine

**Last Name:** Blum

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** "I heartily support the new 2010 dietary guidelines, particularly the new sodium guidelines of 1,500 mg a day, the new lowering of saturated fat intake to 7% of calories a day, the call to action for a lower-calorie-dense diet to fight our nation's obesity epidemic, and the emphasis on a plant-based diet emphasizing real food (rather than processed food) such as fresh fruits, fresh vegetables, whole grains, beans, fat-free dairy, and seafood. These are similar to the recommendations that I and thousands more have been following on the Pritikin Program. Pritikin's health benefits, documented in 115+ studies in peer-reviewed journals over the last 30 years, are EXACTLY what our country so desperately needs. Do NOT allow the food industry to water your 2010 guidelines down."

**Comment ID:** 001184

**Submission Date:** 06/24/2010

**Organization Type:** Other

**Organization Name:**

**First Name:** Debra

**Last Name:** Helton

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:**

**Attachment:** N

**Comment:** "I heartily support the new 2010 dietary guidelines, particularly the new sodium guidelines of 1,500 mg a day, the new lowering of saturated fat intake to 7% of calories a day, the call to action for a lower-calorie-dense diet to fight our nation's obesity epidemic, and the emphasis on a plant-based diet emphasizing real food (rather than processed food) such as fresh fruits, fresh vegetables, whole grains, beans, fat-free dairy, and seafood. These are similar to the recommendations that I and thousands more have been following on the Pritikin Program. Pritikin's health benefits, documented in 115+ studies in peer-reviewed journals over the last 30 years, are EXACTLY what our country so desperately needs. Do NOT allow the food industry to water your 2010 guidelines down."

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 002116

**Submission Date:** 07/15/2010

**Organization Type:** Other

**Organization Name:** American Council of Fitness and Nutrition

**First Name:** Alison

**Last Name:** Kretser

**Job Title:** Executive Director

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity, Fats, Fluid and Electrolytes, Food Groups

**Sub Topic:** Potassium

**Attachment:** Y

**Comment:** We welcome the suggestion by the committee to develop a strategic plan to help Americans implement the 2010 Dietary Guidelines for Americans. This would include a standard of education that emphasizes nutrition education and physical activity teaching children energy balance.

**Comment ID:** 001678

**Submission Date:** 07/12/2010

**Organization Type:** Other

**Organization Name:** EatingWell Media Group

**First Name:** Nicci

**Last Name:** Micco

**Job Title:** Deputy Editor, Features and Nutrition

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity, Fats, Fluid and Electrolytes, Food Safety

**Sub Topic:** Fish oil, Omega 3 fatty acids, Other, Saturated fatty acids, Water

**Attachment:** Y

**Comment:** On June 21, EatingWell Magazine posted a blog (on EatingWell.com, Shine.yahoo.com and the Yahoo.com homepage) about the dietary guidelines proposed by the Dietary Guidelines Advisory Committee. At the end of the blog, readers were encouraged to respond with comments they wanted to submit to the USDA. The comments ranged greatly and covered topics including eating patterns, energy balance, fats, fluids and food safety. We've summarized the commenters' concerns below. (We've also attached a document that includes all comments relevant to the dietary guidelines.) Please note that these -unedited- comments do not necessarily represent the position of EatingWell Magazine or its editors.

\*Several readers emphasized the need for more consistency and clarity on portion sizes. They complained that the word "moderate" seemed too vague. One reader suggested that the guidelines should provide more information on how to calculate caloric needs and intake.

\*An overwhelming number of people suggested that the guidelines should encourage whole, natural foods over artificial ones. Many comments also addressed the idea that healthy foods (e.g., fruits and vegetables) are considerably more expensive than processed foods. Several readers requested that the guidelines mention that grass-fed cattle

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

produce meat and dairy products that are lower in saturated fat and higher in omega-3s than corn-fed cattle.

\*There were a few suggestions related to fluid intake. One suggestion was to include a water recommendation in the guidelines because drinking water may help maintain good health and can assist in controlling hunger. Some readers mentioned that sugar-laden beverages should be discouraged because they lead to weight gain.

\*Food safety was a popular theme. Some issues readers wanted the guidelines to address: contaminated seafood (and the sustainability of fishing practices), chemical additives in foods, growth hormones, MSG, high-fructose corn syrup, pesticides and artificial sugars.

**Comment ID:** 002097

**Submission Date:** 07/15/2010

**Organization Type:** Other

**Organization Name:** Monsanto Co. and Solae LLC

**First Name:** Shawna

**Last Name:** Lemke, Ph.D.

**Job Title:** Global Human Nutritionist

**Key Topic:** Eating Patterns, Fats

**Sub Topic:** Fish oil, Omega 3 fatty acids

**Attachment:** Y

**Comment:** Dear Secretaries Vilsack and Sebelius:

We acknowledge the effort put forth by the Dietary Guidelines Advisory Committee (DGAC) in evaluating the current science to prepare this report that will be utilized by the USDA and HHS to develop 2010 Dietary Guidelines for Americans. We appreciate the opportunity to submit comments on dietary fats, in particular importance of omega-3 fatty acids.

The DGAC Report on fatty acids and cholesterol concludes there is moderate evidence that consumption of seafood omega-3 fatty acids, specifically the long-chain polyunsaturated fatty acids (LCPUFA), EPA and DHA, have a positive impact on heart health. The DGAC, however, notes there is only limited evidence that intake of the plant-based omega-3 fatty acid, ALA, has a benefit on the risk of cardiovascular disease. Furthermore, the DGAC states that there is an increased need for consumption of seafood omega-3 fatty acids, "unless plant-derived sources of EPA or DHA can be developed".

The US populations' dietary intake of LCPUFAs continues to be far below what would be considered adequate for optimal health. The key to increasing LCPUFA intake may be to encourage intake of a wider range of foods providing omega-3 fatty acids that convert efficiently to LCPUFAs and suit their usual dietary habits and fit within their budgets.

In addition to EPA and DHA, stearidonic acid (SDA) may be beneficial in increasing intakes of omega-3 fatty acids. Emerging evidence suggests SDA enriched soybean oil is more efficiently converted to EPA than ALA. The biological effects of SDA have been assessed; a growing number of studies indicate that SDA compares favorably with the effects of dietary EPA.

We encourage review of current dietary patterns as well as potential alternative sources of omega-3 fatty acids, such as SDA soybean oil, to provide Americans guidance that enables them to reach target intakes.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

Respectfully,

Shawna Lemke, Ph.D.  
Global Human Nutritionist  
Monsanto Co

**Comment ID:** 001092

**Submission Date:** 06/23/2010

**Organization Type:** Other

**Organization Name:**

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Eating Patterns, Fats

**Sub Topic:** Saturated fatty acids

**Attachment:** N

**Comment:** The Guidelines are not based on science but are designed to promote the products of commodity agriculture and-through the back door-encourage the consumption of processed foods. By demonizing saturated fats and animal foods rich in saturated fatty acids such as egg yolks, butter, whole milk, cheese, fatty meats like bacon and animal fats for cooking, the current obesity epidemic will only get worse. Vegetable oils and refined carbohydrates are to blame for the problems you pin on these healthy, nutrient-dense traditional fats. Animal fats supply many essential nutrients that are difficult to obtain from other sources.

**Comment ID:** 002105

**Submission Date:** 07/15/2010

**Organization Type:** Professional Association

**Organization Name:** American Dietetic Association

**First Name:**

**Last Name:**

**Job Title:**

**Key Topic:** Alcoholic Beverages, Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Evidence-based Review Process, Fats, Fluid and Electrolytes, Food Groups, Food Safety, Other, Protein, Vitamins

**Sub Topic:**

**Attachment:** Y

**Comment:** The American Dietetic Association is pleased to provide the attached comments on the translation of the Dietary Guidelines Advisory Committee report into the 2010 Dietary Guidelines for Americans.



# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic:** Eating Patterns

**Comment ID:** 002011

**Submission Date:** 07/15/2010

**Organization Type:** Professional Association

**Organization Name:** American Public Health Association

**First Name:** Donald

**Last Name:** Hoppert

**Job Title:** Director, Government Relations

**Key Topic:** Alcoholic Beverages, Eating Patterns, Energy Balance/Physical Activity, Fats

**Sub Topic:**

**Attachment:** Y

**Comment:** Please find attached the American Public Health Association's comments regarding the final Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2010.

**Comment ID:** 001872

**Submission Date:** 07/14/2010

**Organization Type:** Professional Association

**Organization Name:** Society for Nutrition Education

**First Name:** Jennifer

**Last Name:** Wilkins

**Job Title:**

**Key Topic:** Eating Patterns

**Sub Topic:** Other

**Attachment:** Y

**Comment:** The Society for Nutrition Education (SNE) applauds both the diligence with which the Dietary Guidelines Advisory Committee (DGAC) reviewed scientific evidence and gathered relevant expert testimony, and the resulting set of recommendations presented in the report submitted last month to the Secretaries of US Department of Agriculture (USDA) and the US Department of Health and Human Services (HHS).

SNE is an international organization of nutrition education professionals who are dedicated to promoting effective nutrition education and communication to support and improve healthful behaviors with a vision of healthy communities through nutrition education and advocacy. Our members conduct research in education, behavior, and communication; develop and disseminate innovative nutrition education strategies; and communicate information on food, nutrition, and health issues to students, professionals, policy makers, and the public.

The 2010 DGAC report recommendations are based on a solid evidence base, address today's most critical diet-related public health issues, and are, with few exceptions, in keeping with many of the evidence-based recommendations put forth by SNE.

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

SNE strongly urges the USDA and DHHS to uphold the integrity of this report as they consider its recommendations in developing the 2010 Dietary Guidelines for Americans.

History has shown that many diverse interests come into play with dietary recommendations. Given the rate of diet-related diseases in the United States today, now is the time for interest in public health and the health of future generations to be given top priority.

In particular, based on a strong body of scientific evidence for potential public health benefit, we encourage USDA and DHHS to adhere to the DGAC recommendations in the following areas:

**Comment ID:** 002079

**Submission Date:** 07/15/2010

**Organization Type:** Professional Association

**Organization Name:** American Academy of Pediatrics

**First Name:** Judith

**Last Name:** Palfrey, MD

**Job Title:** President

**Key Topic:** Eating Patterns, Energy Balance/Physical Activity, Food Safety, Other

**Sub Topic:** Other

**Attachment:** Y

**Comment:** Please find the attached comments from the American Academy of Pediatrics.

**Comment ID:** 002121

**Submission Date:** 07/15/2010

**Organization Type:** State/Local Government Agency

**Organization Name:** Boston Public Health Commission

**First Name:** Lisa

**Last Name:** Conley

**Job Title:** Director of Intergovernmental Relations

**Key Topic:** Carbohydrates, Eating Patterns, Energy Balance/Physical Activity, Fats, Nutrient Density/Discretionary Calc, Other

**Sub Topic:** Added sugars, Other, Saturated fatty acids, Weight loss

**Attachment:** Y

**Comment:** The Boston Public Health Commission commends the work of the DGAC in attempting to distill a large and often contradictory body of scientific evidence into a comprehensive set of guidelines that for the first time move beyond individual behavior to policy and environmental systems change. We appreciate the Committee's recognition of the severe health threat posed by the increasing rates of obesity and overweight in American communities, and especially the racial inequities in the factors contributing to obesity and

# Comments Summary Report

*Submission Date Between 06/15/2010 and 07/30/2010*

**Key Topic: Eating Patterns**

related chronic disease; the disparities in rates of obesity and overweight by race and ethnicity are also increasing. As the recipient of Communities Putting Prevention to Work funding from the CDC, BPHC is strongly committed to working in partnership with our local communities and the federal government to utilize the best science to create healthier environments for nutrition and physical activity for all neighborhoods in Boston. BPHC agrees with the Dietary Guidelines Advisory Committee that reducing obesity and chronic disease requires a "coordinated system-wide, multi-sectoral approach" that engages "those in education, government, healthcare, agriculture, business, advocacy and the community" with a fundamental emphasis on primary prevention. We urge the committee to move quickly from advice to an action plan with funding and local government and community partnership.